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**SUMMER  
DAY CAMP!**



Featured this month:  
Sewer & Water Commission  
Social Services  
Building Department  
and all other town departments

SPRING 2010



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# Letter from First Selectman



## Town Leaders Board of Selectman

Gregg Schuster, First Selectman (pictured above)  
Greg Cordova  
Rosemary Coyle  
James Ford  
Stan Soby

## There is certainly a lot going on in Colchester!

Over the next few months, we will be working on our 2010-2011 town budget in preparation for the many hearings, meetings, and votes that are to come in the future. Your participation in this process is critical to our success as this is likely to be the toughest budget cycle we have seen in a long time. We need as much participation as possible from the public in order to ensure the decisions we make align with your priorities. Please take the time to attend one of the many public hearings or meetings that are being held. For the most recent listings of budget meetings and other information, you can visit the town's website at <http://www.colchesterct.gov/budget>

Even though the budget requires a lot of time and effort, we are still taking the time to look at ways to improve services here in town. The Senior Center Study Group has been formed by the Board of Selectmen to investigate the needs of our seniors and community. The current Senior Center is a good facility, but the needs of our community have outgrown the limitations of the existing space. The group is comprised of representatives from other boards, organizations, and interested citizens who have all generously volunteered their time to give a recommendation on how the town should move forward on a new center. They have several options to review including a new stand alone Senior Center, a new joint Community Center, or leveraging existing space. Providing services to our seniors is something we must continue to do and I hope the recommendation made by this group will help enable the town to continue to address their growing needs.

One of the unfortunate things that occurred in the past year was the consolidation of Probate Courts that combined Colchester with five other towns. We are very happy though that Colchester will still have a part-time satellite office here in Colchester even though the main branch will be out of town. Residents should be prepared for this change which will occur in January, 2011. Once the new court is in place, the court will only be open in Colchester two days per week.

As the weather begins to warm up, I hope you and your family enjoy all that Colchester has to offer. Please take the time to visit some of our farms, walk on our trails, or use the many recreational facilities available to all. Above all, please remember that this town is run by many volunteers and we are always looking for people to help out.

Sincerely,

**Gregg**

Gregg Schuster  
First Selectman

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## Featured Departments

### Colchester Sewer and Water Department

Many people give very little thought to where their water comes from or goes. You turn on the faucet and out comes water and down it goes into the drain. But you should know the answers to some simple questions:

Do you have a private well and septic system? Are you on a community system? Are you on the Town's public water and sewer systems? What about the businesses you patronize, the restaurants where you eat or the schools or daycares your children attend? Why does the insurance company want to know how far your house is from a hydrant? Is the water safe to drink? Since water comes free from the sky, why does it cost so much to use it in the house? Why is \$1 or \$2 for a 16 oz. bottle of water from a vending machine acceptable but \$8 for 1,000 gallons of tap water too high? Lots of questions!

The Town of Colchester public water system provides water to approximately 2,000 homes, businesses, schools, and institutions in the center of Colchester. Started in 1937 as a Borough service, the Town water system has grown well beyond the former Borough of Colchester limits and will continue to expand to provide services to future commercial developments. The sewer system was constructed in 1982 and 1983 and has grown significantly since that time.

#### Who is the Colchester Sewer and Water Department?

The Sewer and Water Department is part of the Public Works Department, has a Sewer and Water Commission, and is ultimately under the authority of the Board of Selectmen. The operating budgets are funded by use fees and the capital budget is funded by connection charges. Tax dollars are not used to supplement any of the operating expenses.

The Water Department is supervised by Steve Klobukowski. Phil Gaudette and Guthrie Dinda are the Treatment and Distribution System Operators. Sue Badrick, Mary Jane Slade, and Candace Barnes serve as office staff; Mark Decker is the Public Works Director. The Sewer Department is staffed by employees of the Town of East Hampton. Colchester and East Hampton jointly constructed and own the waste water treatment plant located in East Hampton and the East Hampton staff operate and maintain the quasi-regional facility and the infrastructure for the member towns of East Hampton, Colchester, Hebron, and Marlborough.



### What Does the Sewer and Water Department Do for Me?

At its simplest level, the water department pumps the raw water, filters out the high levels of iron and manganese, disinfects it and distributes it to the households, schools, and businesses on the system. The complexity of those tasks though is far greater. The Water Department staff operates and maintains some of the most sophisticated equipment and instrumentation in the Town. The system must produce a suitable quantity of quality water 24 hours a day, 365 days a year. There is no acceptable down time. Our system must maintain adequate storage capacity, back-up pumps, generators, and valves that allow water to flow in many different directions to minimize user impact should main breaks occur. We also maintain hydrants that provide water for fire protection to homes, schools and convalescent facilities, coordinate and conduct testing to ensure the water is of suitable quality, and operate instrumentation and computers that monitors all the operations, and the list goes on.

In addition to the operations, staff are members and leaders in various state and regional associations that ensure public health standards are maintained, are achievable, and are not overly burdensome or unnecessarily costly.

In short, water is a life necessity and the Colchester Water Department treats it as the valuable commodity it is. Not a bad deal for less than a penny a gallon.

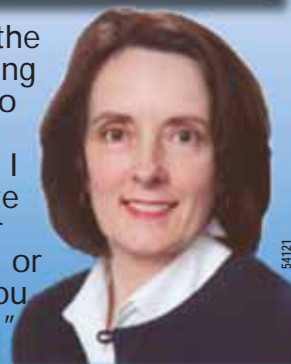
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### Stream Flow Regulations, Cross-Connection Inspections, Education – All Part of the Job

Colchester Water is part of the Colchester Public Works Department. Daily responsibilities include the production of water and maintenance of the treatment system and distribution infrastructure, maintenance of the accounts, interaction with customers, and maintenance of the financial side of the operation. State certifications, degrees



in engineering, chemistry, finance, professional registrations, are all part of the qualifications that help the staff perform their jobs. In addition to that, staff are also members in industry organizations such as the American Water Works Association (AWWA), the Connecticut Water Works Association (CWWA), and the American Backflow Prevention Association (ABPA). As members in these organizations, staff also play an active role shaping the way the industry operates, serve as

watchdogs on the potential impact on the Town of Colchester, and help to sustain the profession.

It is important employees of the Town take an active role in their profession. Their involvement with these associations and cooperative efforts with other Town and Board of Education departments help to raise the awareness of the services provided, enhance their knowledge, and serve as resources for the general public.


All members of the Department have, at one time or another, provided education opportunities to schools, members of the public, or other practitioners within the industry. The Department Supervisor teaches an evening course on water practice management at a community college and has been a guest speaker at Bacon Academy on the chemistry of water. The Operators have conducted classes to the public on wells and public water supplies and to elementary school children on water use and conservation, both in conjunction with National Drinking Water Week. The Director has lectured on security and various other standards.

All three water department certified operators are members and officers in the ABPA, an organization whose mission is to "advance all aspects of backflow prevention for the continued protection of all water users." Backflow protection includes management practices and physical devices that keep consumable water separated from waste water or other

contaminants. The Association also works with the State Department of Public Health to ensure building standards and other regulations exist to properly protect the water users.

Recently, the Public Works Director, a member and former Director and President of the CWWA as well as a member of the AWWA, testified in opposition of Stream Flow Standards and Regulations proposed by the Connecticut Department of Environmental Protection. The Board of Selectman, Board of Finance, the Colchester Business Association, and State Representative Linda Orange also filed testimony against the proposal. The proposed Stream Flow standards have the opportunity to reduce the amount of water the Town can withdraw from their wells thereby potentially limiting the amount of water available for commercial development. To partially compensate for this loss, the Department would have to activate a bedrock well at a projected expense of several hundred thousand dollars. This cost would have to be borne by the users of the water system and would also increase the connection fees for future users. While none of these potential impacts would be felt until after 2017 when the Town's existing DEP-issued Diversion Permit has to be re-authorized, it is necessary to fight such regulation changes now. Many education or legislative input efforts also serve as significant cost saving measures for the Town by avoiding imposition of unfunded mandates or by improving networking opportunities for problem solving. It's all part of the job.

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### TAINTOR HILL TREATMENT PLANT – ONE YEAR LATER

By Steve Klobukowski, Water Department Supervisor

With its shining, almost new equipment, and slight fragrance of epoxy paint, the Taintor Hill Treatment Plant still looks and feels like a brand new facility. Reality is the one year warranty has expired signifying the plant's active service for a year. It seems like yesterday the jackhammers were pounding, grinders were grinding, and All State Construction personnel were feverishly working to bring the water department's biggest project in over twenty years to reality. Things are quiet now and we are back to treating and distributing water in Colchester. Yet the sense of accomplishment and success in this project is as fresh as the day we went on line. We were, and continue to be, very pleased with the outcome of this project.

The new plant was a slow and enduring process. It started long before my arrival in town in 2000 with a DEP diversion permit application. This permit process was crucial to ascertaining the maximum allowable flow that could be safely withdrawn from the Taintor Hill Wellfield without significant environmental impact on the nearby streams and wetlands. The permitted flow rate granted by DEP was 600 gallons per minute or approximately 860,000 gallons per day. This set the limit for the maximum total capacity of the plant. The Town's Water Supply Master Plan indicated the projected population growth will result in a demand for water that exceeds the permitted allowable flow rate. Therefore, logically, it made sense to build a plant that could treat the maximum permitted flow. Piloted treatment technologies indicated a plant capable of full permitted capacity was doable and desirable from a system planning and cost standpoint.

The new Taintor Hill Treatment Plant provides the icing on the cake of a number of capital improvement projects the water department has embarked upon since 2000. These projects include major systems upgrades at Production Wells No.3, 5, and 5A, Production Well No.4, the Cabin Road Generator, the Elmwood Booster Station, the Elmwood Storage Valve Pit Upgrade, the Elmwood and the Highland Water Storage Tank Refurbishments, and significant hydraulic reinforcement projects.

Reliability, performance, efficiency, worker safety, and control and oversight systems make this plant a true water works gem in our town. I call it "icing on the cake" yet don't let my words confuse the frugal, the floors are linoleum, the walls are painted, the furniture is used, and the utmost effort was expended to provide a working plant at the least possible cost.

In my discussion of the new plant I started with reliability, that's what counts most. People forget, a water system must operate twenty-four hours a day, seven days a week. There are no holidays or shutdowns at the plant. The plant must run reliably every moment of every day. The new plant and sister project of

adding an additional well has increased reliability to levels the town has never experienced. The new sensing and control systems installed in the plant provide continuous operational oversight and automatic adjustment. These systems are collectively termed SCADA or Supervisory Control and Data Acquisition. Essentially we are able to run the plant continuously with sensitive instrumentation providing critical operational information to a computer that ultimately provides PC based control of the plant and almost all of our system.

Efficiency, a term everybody likes to use these days but are the systems that are being described truly efficient? The plant's new premium efficiency motors with high efficiency turbines need only a single measuring stick, power costs. The plant, through a year of operation has used about \$25,000 less in power than prior years. Some of these savings are attributable to controlled cost of power and some decreased water usage. However, the substantial portion of the savings is attributed to more efficient pumps and motors and the incorporation of variable frequency drives which optimize electrical consumption of our motors. Chemical treatment has also been made more efficient. We now aerate our water to remove carbon dioxide (which raises pH) as opposed to adding more chemicals to raise the pH. Elimination of the use of potassium hydroxide has saved almost \$40,000 this year. Bulk purchase and storage of chlorine at the plant has further reduced chemical costs. The abandonment of potassium hydroxide and the switch to bulk storage of chlorine has also reduced chemical exposure to the employees thereby enhancing worker safety.

Performance has been improved measurably. In the business we call it hydraulic loading rates; the amount of water we can treat through a filter system in gallons per minute per square foot of filter area. The hydraulic loading rate has increased from one gallon per minute to one and one half gallons per minute or a 50% increase in filtering rates. This again touches upon efficiency but substantially relates to filter performance; we make better water faster.

Finally improved continuous operational oversight and control with automatic adjustment has been achieved through a series of complex sensing equipment, computers and software that allows continuous adjustment at the plant to optimize system performance. Staff can now dial into the plant to check such operational parameters such as discharge pressure, chlorine residual, pump rate and numerous other operational parameters too numerous to list.

The new plant provides the most technologically advanced system in town. It combines the latest in computer control, the most advanced and efficient methods of pumping, and complex chemical and physical processes. Operation of a facility of this nature requires the State's highest level treatment license. It is the gem of Colchester's Public Water System and we are extremely proud of it.



### Swimming Pool Safety

I know what you're thinking why are we reading about swimming pool safety in the middle of the winter? Well we have all been stuck inside for most of the winter now and cabin fever is setting in. I don't know about you but I start to think about sitting by the pool enjoying the warmth of the sun. This is a great time to start to think about pool safety well before the start of the season when the only thing we think about is getting it open and using it.

Before you start to open your pool, there are a number of things you should be checking. Is your pool filter clean? Does the electrical cord need to be replaced because of wear? Is the GFIC or GFI breaker in working order? When was the last time you tested them? They should be tested at least once a month if not more. Is the bonding wire in good shape or has it been cut by the lawn mower last season? Is the gate to the pool area in working order to be self-closing and latching? If you have an aboveground pool does the ladder have an approved 4-foot enclosure with self-closing and latching gate? A ladder that swings up will not meet the code requirements for safety. If you have a newer pool that requires a pool alarm have you replaced the batteries and tested the alarm? Then there is the pool deck, when is the last time you looked at the structural connections to make sure they are safe?

If you are thinking about installing a new pool this season now is the time to start the permit process so when you are ready to have the pool installed you will not have to wait for that pesky building department to issue you a permit. The standard



review time for a pool permit could be anywhere from 2 to 3 weeks.

Then there is the portable pool every one thinks is the easy way out. As we all have seen a variety of retail establishments sell portable pools these days and they seem to be a cheap solution to providing comfort and recreation. The problem is if the pool is capable of holding more than 24 inches of water, the State Building Code requires a permit and a code-compliant barrier around the pool.

Since very few retail establishments advertise this, you may be in for a big surprise when your local building official tells you that the \$179 blow-up pool you just bought requires a barrier (fence) around it. You also need alarms in the pool and on the doors from your home if the wall is part of the barrier. Because the physical characteristics of a pool barrier differ greatly from the average back-yard fence, don't assume a

fenced yard lets you off the hook. Every year children drown in tragic accidents involving an unprotected pool. Please avoid such a needless tragedy: make sure your pool is protected, and consult your local building department for any questions you have related to pool safety, they are there to help.

The Town of Colchester has 1,054 pools that we know of. If you have a pool that was issued a permit at one time or another and would like to have the building department re-inspect your pool we would be more than happy to do so. Just remember if we find a code violation, safety issue, you will be responsible to correct the violation. This is for your safety and the safety of your family and friends that use your pool and rely on you that it is safe.



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**Colchester Social Services**, located on the 2nd floor of town hall, is open 20 hours a week to serve local residents who present with a variety of needs. The office offers assistance in filling out a variety of forms such as Connecticut Department of Social Services applications for food stamps, financial and medical assistance (HUSKY or Title 19) applications, and applications for Social Security Disability. The office also advocates to other agencies on behalf of residents at all income levels.

As an intake site for the Connecticut Energy Assistance Program, Colchester Social Services (Social Services) works closely with Thames Valley Council for Community Action (TVCCA) to get the heating needs of residents met as quickly as possible. Coordination by Social Services with other heating programs such as Operation Fuel, where customers add a \$1 donation on their electric bill, and Project Warm Up with the United Way, can help keep families warm throughout the cold winter months.

Social Services offers quite a few programs designed to help those in need. Programs offered through Colchester Social Services include:

**Food Pantry-** Donations of food items are accepted year round, and distributed to residents who have demonstrated a need. Food items are boxed up according to the size of family and distributed through the Social Services office. Residents may apply for Food Pantry help at any time during the year.

**Personal Hygiene Supplies-** Personal hygiene supplies, as well as laundry supplies, cleaning supplies and toilet paper cannot be purchased with food stamps. These constantly needed items can be fairly costly, so many Food Pantry users rely upon the Food Pantry to supply them. These items are collected and distributed throughout the year.

**Private Fuel Bank-** Using cash donations from the community specified for the Fuel Bank, oil deliveries are arranged through the Social Services office. These small oil deliveries are often arranged to cover the gap between other heating program deliveries, particularly when bitter cold weather means using more oil.

**Back to School Items-** A focused distribution of back to school necessities occurs in the fall, and includes new back packs, pens and pencils, notebooks, highlighters and other classroom items. Families can also request additional supplies throughout the school year to replace exhausted supplies. Although most items donated for distribution through the Back to School program arrive near the end of the summer, donation of school items are accepted year round.



**Gifts for Children in Need-** Children who may not otherwise receive Christmas, birthday or Easter gifts are identified by gender, age and special interests, and cards with this general information are provided to generous individuals, families or agencies who wish to sponsor a child (or family of children). Gifts donated for the sponsored child are dropped off at the Social Services office and then given to the family for the child.

**Holiday Dinners-** In conjunction with the Colchester Lions and Rotary Clubs, families in need receive a box containing all the foods for a wonderful holiday dinner. These local organizations coordinate with Social Services to ensure that anyone needing a holiday dinner may receive one at either Thanksgiving or Christmas, or both. Thanksgiving dinners are delivered directly to the home by the Rotary, and Christmas dinners can be picked up by the family at the Social Services office.

Residents may look for help through Social Services programs because they have recently become unemployed or have a job that pays much less than a previous position. Others have experienced a medical hardship that has created a very real challenge to make ends meet. Financial changes such as these may result in a need to request assistance with medical care, food, or heat for themselves or their families. Colchester residents have always been very generous and donated freely to Social Services programs, and this year continues to demonstrate just how giving Colchester can be. Without the support of the community, many residents would go without. On behalf of all the residents and families helped by the donations of those who are able to help, thank you for your generosity and support.

For more information about Social Services programs, or to find out how to coordinate your community group's food or items drive to best fit the needs of the community, contact Janet Taylor, Colchester Social Services Coordinator, at 537-7235.

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## Free Adult Education Programs

*Sponsored by the Colchester Board of Education in cooperation with Vernon Regional Adult Basic Education.*

*The Following Classes are in Session:*

### Adult Basic Education

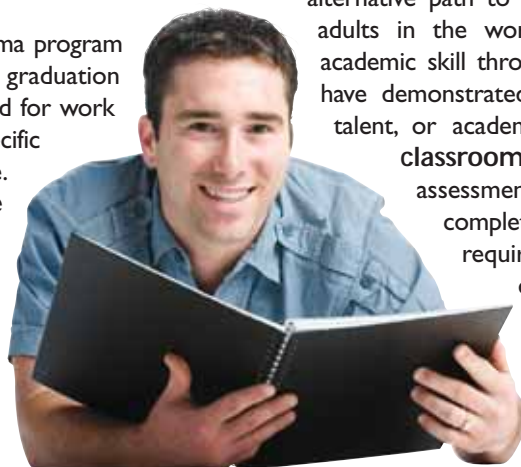
Adult Basic Education classes are designed for the student who needs additional skills prior to entrance into the GED preparation classes. Students work individually with the classroom teacher on the basic skills of literacy. Instructional levels range from beginning literacy to pre-GED readiness.

### GED Preparation Classes

The GED test series is designed to offer students age 17 or older an alternative route to a high school diploma. The test series consist of English, Writing Skills, Social Studies, Interpreting Literature and the Arts, Science and Mathematics. Students take these exams from the State of Connecticut. Tests are given monthly throughout the year. The GED preparation class has open enrollment throughout the school year for students 16 or older and prepares them for the GED exam. In order to register for the GED examination, an individual must be 17 years of age or older and no longer enrolled in school. Applicants 17 or 18 years of age must submit documentation that they have been officially withdrawn from school at least six months prior to the test date, or that the class they entered ninth grade with has graduated. An applicant 21 years of age or older and a non-veteran must pay a fee of \$13 to take the test. The retake or reapplication fee is also \$13 for individuals 21 years of age or older. Accommodations on the GED test are available for qualified individuals with a disability.

### High School Credit Diploma

Students in the High School Credit Diploma program are enrolled in classes based on graduation requirements. Credits may also be awarded for work experience, military service, and other specific training such as CPR and Nurses Aide. Students wishing to register for the Credit Diploma program must provide a current transcript, a letter of withdrawal from the current school, and a photo ID at the time of registration.



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(Toll Free): 866-564-2368

Evenings: 860-870-6060

or visit their website at [www.vrabe.org](http://www.vrabe.org)

G.E.D., High School Credit Diploma and English as a Second Language will meet from 4:30pm – 7:30pm Monday and Tuesday evenings at Bacon Academy, 611 Norwich Avenue, Colchester.

### English as a Second Language (ESL)

Any student who wishes to increase fluency in English may participate in ESL (English as a Second Language). Class placement is predicated on the student's level of English. Students practice speaking, listening and writing with their peers under the guidance of the teacher. Classes are small to allow for active participation. This is a wonderful opportunity to experience a variety of cultures.

### National External Diploma Program

The National External Diploma Program (NEDP) provides an alternative path to achieve a high school diploma for adults in the workforce who have acquired their academic skill through lifetime work experiences and have demonstrated competence in a particular job, talent, or academic area. This program offers **no classroom instruction** but is a series of assessments. An adult who successfully completes the **portfolio assessment**, as required, is awarded a high school diploma.



The following programs are offered in Manchester and Vernon. Registration dates, times and places vary according to programs. Please call 860-870-6000 ext. 139 or toll free at 866-564-2368 for more information.

## College Transition

This 12-week course helps students successfully transition to college study, providing the support and counseling to help students accomplish this goal with confidence. It offers students the opportunity to review writing, reading, and math skills.

## Citizenship

These classes will prepare students for the test given to individuals desiring to become American citizens. Students must be able to read and converse in English well enough to pass a listening appraisal test. This listening test is administered the first night of class. Call for the schedule.

## Worksite Education

A collaboration with several businesses in the area will allow for specific curriculum to be written for each company. Students will engage in activities that will promote basic skills and increase productivity in the work place.

## Workforce Preparation

This 10-week course will allow participants to explore avenues toward entry or re-entry into the workforce. Computer skills, career exploration, basic skills acquisition, ESL competencies (where applicable) and employability training are the foundation of this course. Upon completion, participants will have created a career portfolio.

## Technology Classes

A variety of computer classes are offered throughout the school year for the region's residents and staff. These include Word, Excel, PowerPoint and Surfing the Web. Class offerings vary by location and time. Levels include novice, intermediate and advanced. Technology courses on the following page are offered in Colchester.

### Statement of Non-Discrimination

*In compliance with regulations of the Office for Civil Rights and with Equal Opportunity practices as determined by state and federal legislation, Colchester Adult Education as a matter of policy, does not knowingly condone discrimination in employment, assignment, program or services, on the basis of race, gender, color, religion, national origin, age, sexual orientation, disability or related abilities to perform the duties of the position.*



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### Computer Classes

*Register Early as class size is limited*

#### Office 2007

*Instructor: Barbara Johnson*

**Fee:** \$25.00

**Day/Time:** Thursday 3:30 – 5:30 pm

**Date:** March 4

This class provides an overview of the new toolbar, menus, and applications of Microsoft Office 2007. Learn to use the full range of features available in this new interface. Explore the Ribbon, the Office Button, learn how to create the Quick Access Toolbar and many other useful functions. **Students must have keyboard, mouse, and Windows skills**

#### Intermediate Word 07

*Instructor: Barbara Johnson*

**Fee:** \$25.00

**Day/Time:** Thursday 3:30 – 5:30 pm

**Date:** March 11

This class is designed for students who already have a working knowledge of basic Word skills. This class will emphasize using headers and footers, tables, page layout, graphics, mail merge and more. **Students must have keyboard, mouse, Windows, and Office 2007 skills.**

#### Introduction to Excel 07

*Instructor: Barbara Johnson*

**Fee:** \$50.00

**Day/Time:** Thursday 3:30 – 5:30 pm.

**Date:** March 18, 25 (Two week session)

Learn the fundamentals of creating a spreadsheet. Using recognizable examples you will explore the following topics: creating and modifying worksheets, entering data and simple formulas, copying and saving files, setting the print area and printing, and adding simple functions. **Students must have keyboard, mouse, Windows, and Office 2007 skills.**

#### Intermediate Excel 07

*Instructor: N. Stein*

**Fee:** \$50.00

**Day/Time:** Thursday 3:30 – 5:30 pm

**Date:** April 8, 15 (Two week session)

This course moves beyond the basic skills to focus on some of the more automated tools available in Excel 07. Students will learn to create and develop worksheets, charts, and as well as other data management functions. Learn to fill cells automatically, create headers and footers, import data from other applications, filter and subtotal lists, use Format Painter,



tailor the screen for efficiency, and create and use named ranges and labels. *Students must have keyboard, mouse, Windows, Office 2007, and basic Excel skills.*

## Advanced Powerpoint

Instructor: Barbara Johnson

Fee: \$50.00

Day/Time: Thursday 3:30-5:30

Date: April 29, May 6 (Two week session)

Students will learn to create dynamic presentations using the new SmartArt graphics, themes and text formatting capabilities of Microsoft 07. You will also learn ways to easily share information, add sounds and manage your presentations efficiently. *Students must have keyboard, mouse, Windows, and basic Office 2007 skills.*

Visit our website at <http://www.colchesterct.org> under "District Departments" for a list of open classes.

## Getting Paid to Talk, Making Money with Your Voice An Introduction to Professional Voice Overs

Instructor: Voice Coaches LLC

Fee: \$20.00

Date: May 6

Day/Time: Thursday 6:30 – 9:00 p.m.

Location: JJIS – Media Center

Have you ever been told that you have a great voice? This exciting class will explore numerous aspects of voice over work for television, film radio, audio books, documentaries and the internet in your area. We will cover all the basics, including how to prepare the all-important demo, how to be successful and earn a great income in this exciting field. Students will have the opportunity to ask questions and hear examples of demos recorded by professional voice actors. Class participants will even have a chance to record a commercial script under the direction of our Voicecoaches.com producer! This class is informative, lots of fun, and a great first step for anyone interested in voice acting professionally.

Is this the class for you?

For more information, visit <http://www.voicecoaches.com/gppt>

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## Answers to Our Most Commonly Asked Questions

**Please review this important information before registering for classes:**

**Where will my class be held?**

The location of each class is noted in the course description following the course dates. If there is a change you will be notified by phone, or we will post it within the building. Please note the following:

**BA** - Bacon Academy, 611 Norwich Avenue, Colchester, CT 06415 (Please enter through the doors to the left of the glass doors at the main entrance.)

**JJIS** - Jack Jackter Intermediate School, 215 Halls Hill Rd., Colchester, CT 06415 (Please use the Night Entrance, located at the side of the building, next to the gymnasium)

**How will I know if I am registered? Will I receive confirmation?**

You will be contacted only if we have questions about your registration. You should attend class as scheduled. If you wish to receive a written confirmation, please include a self-addressed stamped envelope with your form when you mail it to the Colchester Adult Education office.

**Is financial assistance available?**

Fee waivers and reduced fees are available to those who qualify. Some restrictions apply. Please ask for an application. All information will remain strictly confidential. All senior students aged 62 and older receive a 10% discount.

**Please note: Course fees are non-refundable unless a class is cancelled by the Colchester Adult Education Office.**

## REGISTRATION FORM

### Computer and Voiceover Classes

(Please Print)

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Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: (days) \_\_\_\_\_ (eves) \_\_\_\_\_ Email: \_\_\_\_\_

Course Name	Date (\$)	Fee
10% Senior Discount		—
Multiple Class Discount (if applicable)		—
<b>TOTAL ENCLOSED</b>		<b>\$</b>

- ✓ You may register by mail, as space remains available, by completing a registration form and mailing it along with your check or money order to the **Colchester Adult Education Office**, 127 Norwich Avenue, Colchester, CT 06415.
- ✓ Many classes have limited enrollment to ensure maximum benefits to all students, so register early! New classes will be added to meet demands when possible. Visit our website at [www.colchesterct.org](http://www.colchesterct.org) (under District Departments) or call the Colchester Adult Education Office at 860-537-7233 for up-to-date course availability information.
- ✓ Please check this catalog or our website and note the start time of your class as well as the location.
- ✓ Please do not send cash in the mail. Material fees are paid directly to instructors. Please do not include them in class fees.

**Note:** If Colchester Public Schools are cancelled or have early dismissal due to inclement weather there will be no adult education classes for that evening.



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## Welcome to Your Public Library

The Library is open Monday through Thursday 10am to 9pm and Friday and Saturday 10am to 4pm. The library offers a wide range of services and collections for the all ages. Enjoy reading the newspaper with a hot cup of coffee or use the free high speed Internet or Wi-Fi service inside or outside the building. Visit the Children's Library, an open and light-filled welcoming space on the first floor of the library. Comfortable chairs and couches are scattered about the room inviting parents to sit and read with their children. Sizeable tables are available for family board games or children's homework. Planned activities are held throughout the year in our brightly painted story time room. When not in use, the room is open as a play area for young children. Children through grade 5 have their own computers in the computer nest area.

## Book Donations

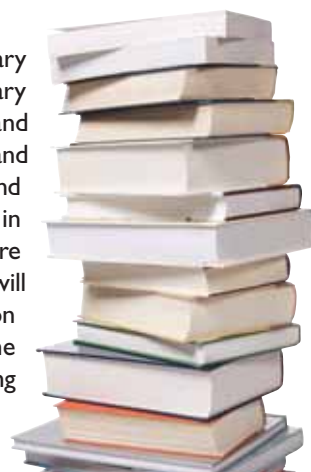
Gently used book donations for the Friends of the Cragin Library book sale are accepted in the lobby. No textbooks, condensed books, encyclopedias or magazines are accepted. Occasionally the Friends ask donors to delay donations while they catch up on storing them. Please check with Library staff.

## Art Exhibits

In April artworks for the Colchester Land Trust annual art auction will be on display in the Norton Room. The month of May will see the faces of children gracing the walls through DCF Heart Gallery initiative. Local artists are encouraged to inquire about exhibiting at the Library.

## Be a Cragin Friend!

The Friends of the Cragin Library promote awareness of Library needs and fund materials and programming for children and adults. Meetings are on the second Thursday of the month at 7pm in the Library. New members are always welcome! The Friends will hold a children's book sale on April 10. Stock up on some bargains to encourage your young readers!



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## Cragin Memorial Library's Story Times

**Wild Ones** – A very active class for one-year olds and their caregivers. Stories, fingerplays, music and dance are part of this program. Younger babies are also welcome to come watch, listen to stories and give their caregivers an opportunity to meet others in the community.

**2s & 3s** - Sing songs, listen to stories and make a simple craft in this class for two and three year olds and their caregivers.

**4s & 5s** – This class is just for four and five year olds; caregivers get a chance to browse our collection.

**PJ Story Time** – a drop-in storytime geared for three to six year olds. Families are welcome to stay and hear stories and make a craft. Check our newsletter for dates and times!

**Nutmeg Book Club** This book discussion group is for grades 4 – 6. A selection from the Nutmeg Book Award nominees is chosen each month. Consult our monthly newsletter for the next discussion title and time.



Stop by the Children's Library to register and pick up your copy of the book.

**"Paws" and Read** Haley, a Labrador retriever, listens to young readers in the "Paws" and Read program. This specially trained dog comes to the Story Time Room to meet with children on various Saturdays. Consult our monthly newsletter for exact dates and times to plan your visit with Haley.

Call the Children's Library to reserve a 15 minute spot.

### Spring Vacation Week

Puppetry workshops, Science Center of Hartford workshops, movies...these are some of the programs the Children's Library is planning for the week of April 19th.

Check our April newsletter online <http://www.colchesterct.gov>

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## Adult programs:

### 1. Selling on eBay

Have you ever dreamed of turning your clutter into cash but don't know how? Join Louise LeClaire, *eBay* specialist, as she guides you through the *eBay* maze. This free educational presentation will take place on Tuesday, March 6 from 6:30 – 8:00 p.m. at Cragin Memorial Library.

This simple and straightforward introductory two hour program uses the curriculum designed by *eBay*, the giant online marketplace, and is intended to get you selling on *eBay* right away! Ms. LeClaire will discuss the ins and outs of selling successfully on *eBay*. Topics will include navigating the site, how to list items for sale, how to accept payments and many other practical tips to being a successful seller. Attendees should be able to use computers and the Internet.

This program is sponsored by the Friends of Cragin Memorial Library. This program is free and open to the public. No registration is necessary.

### 2. Good Cooks, Great Books

Lovers of good food and good writing will delight in this book discussion series!

Join Sara deBeer, independent discussion leader, for a four-part reading and discussion series entitled: *"Good Cooks, Great Books"*. The book discussions will take place on April 1, 15, 29 and May 6 from 7:00 – 8:30 p.m.

Alice B. Toklas shares her experiences with the cuisine of different cultures, favorite recipes and memorable moments in the *The Alice B. Toklas Cookbook*. Anthony Bourdain offers a funny and irreverent insider's perspective on the restaurant business in *Kitchen Confidential*. Jack Pepin's captivating memoir, *The Apprentice: My Life in the Kitchen*, tells the story of his rise from frightened apprentice to Emmy Award winning superstar who taught millions of Americans how to cook. In *Chocolat*, Joanne Harris draws battle lines between church and chocolate in her appealing debut about a bewitching confectioner who settles in a sleepy French village and arouses the appetites of the pleasure-starved parishioners.

Join us for a lively discussion of this savory collection of titles!

Sara deBeer has a B.A. in English from Yale University and a M.A. of Science in Education from the Bank Street School of Education. An experienced teacher and workshop leader, Sara has also been a storyteller for over 30 years.

This program is part of the Connecticut Humanities Council's *Literature for a Lifetime* program and is made possible by the generosity of the Friends of Cragin Memorial Library.

Multiple copies of the books are available at the Library. This program is free and open to the public. No registration is required.

### 3. The Ins and Outs of Composting

Much of our organic waste stream can be composted and recycled as a wonderfully rich soil amendment. A free educational composting presentation by Gregory Bugbee of the Connecticut Department of Soil & Water will take place on Tuesday, April 6 from 6:30 – 8:00 p.m. at the Cragin Memorial Library.



Composting techniques and uses for the completed compost product will be discussed in this session. Learning how to compost properly will create a better compost and in a much shorter period of time.

Gregory Bugbee, Assistant Scientist at the Connecticut Agricultural Experiment Station in New Haven, CT, is an expert in soil fertility, composting, and utilization of composted biosolids.

This program is free and open to the public. No registration is necessary.

### 5. Introduction to the Internet:

One session, free classes for individuals with little or no experience with the Internet are available at the Cragin Memorial Library. Specific class dates and times are listed in our monthly newsletter. For more information or to register, please call the Library at 860-537-5752.

## Youth Program:

**1. Book Voyagers**, a four part book discussion program for youth in grades 4 – 8 that uses book circles led by gifted children's literature experts to explore important life themes using award-winning children's literature. Specific dates and times for monthly book discussions will be listed in our monthly newsletter.

The featured books are: *Al Capone Does My Shirts* by Gennifer Choldenko, *In Darkness, Death* by Dorothy Hoobler, *Shakespeare's Secret* by Elise Broach and *Drums, Girls and Dangerous Pie* by Jordan Sonnenblick.

Please call the Library at 860-537-5752 to register for this free program.

## Wii on Wednesdays at Cragin

Play the *Wii* on our 8' wide screen! Open to all ages on Wednesdays from 2:30-4. Please call the Library at 537-5752 to register for this free program or for more information.



With the recent addition of a new crosswalk on Halls Hill Road at the Christy Lane intersection and longer daylight hours encouraging more walking, it is a good time for drivers to remember their responsibility to pedestrians, particularly at crosswalks. Some crosswalk locations include traffic lights to control the flow of vehicles, and some crosswalks, particularly in the center of town, have electronic pedestrian signals to assist pedestrians crossing roads with heavy traffic volume. Crosswalks in the center of town are brick colored pavers instead of the traditional white painted stripes crosswalks, while many other locations in town have white stripes painted on the surface of the road leading pedestrians from one sidewalk to another. While the brick colored pavers look different from the traditional white painted stripes, both styles afford pedestrians the same protections and hold drivers to the same requirements as a painted crosswalk.

It is important for drivers to be both safe and courteous to pedestrians as drivers maneuver their one to two ton moving vehicle through Colchester's streets. Drivers should be aware of the following rules and tips:

A pedestrian generally has the right of way over all vehicles while at the curb of a crosswalk or in a crosswalk. This means that, by law, all vehicles must stop in front of a crosswalk when a pedestrian is using or is about to use a crosswalk. Vehicles must remain stopped until the pedestrian has fully crossed the lane in front of the vehicle or has reached an area of safety such as a traffic island.

After drivers stop for pedestrians at a crosswalk, they should make eye contact with pedestrians that enter the crosswalk. This will assure the pedestrian that the driver has seen them and it is safe to cross the street.

Pedestrians at crosswalks at a corner intersection have the right of way over vehicles who wish to turn right on red. Drivers must wait for pedestrians to safely pass before they may proceed. Events on the Town Green bring many pedestrians to the center of town, and the roads can get congested quickly. Pedestrians moving from one location to another via the crosswalk system, however, have the right of way over vehicles.

It only takes a few extra seconds to allow pedestrians to cross safely in front of a vehicle.

Drivers may only proceed once the pedestrian has completely crossed the lane in front of the stopped vehicle. Many people enjoy walking, including older people and families with small children. Some pedestrians crossing the street may take longer to cross the street, so drivers must be patient and allow crossers time to reach their destination safely. With Colchester's smaller roads, waiting for someone to arrive safely on the far side of the road may only take an extra few seconds.



Drivers should be prepared to stop at all marked crosswalks. Roads in and near the center of town, including South Main Street, Norwich Avenue, Lebanon Avenue and Broadway have lower speed limits and numerous crosswalks. Crosswalks near the center of town serve the Senior Center, children participating at the Youth Center, church goers, library

patrons and shoppers patronizing local businesses. Drivers should keep their speed down in the center of town and stay alert for pedestrians crossing the road.

Vehicles may not pass other vehicles which are stopped or paused at a crosswalk.

While the responsibility of the pedestrian may vary depending if the crosswalk has an electric pedestrian signal control, a traffic light to control the movement of vehicles, or no electronic control at all and only a crosswalk in the road, drivers should always be aware of their responsibilities to all pedestrians. If you are driving, always be alert for pedestrians, regardless of whether or not a crosswalk exists, or what level of pedestrian controls is present.

Thanks to the continued partnership between the Colchester Health and Public Works Departments and grant funding received by the CT Department of Public Health, many of the painted crosswalks in town have been re-striped to be more visible to both pedestrians and drivers. Remember that safety is everyone's responsibility, and efforts by all will help keep Colchester's pedestrians safe.



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## Pedestrian Safety

Health Department

Have you been over to Halls Hill Road in the past few months? If not, you haven't seen the new crosswalk by Christy Lane. Residents had voiced concern about crossing busy Halls Hill Road to reach the sidewalk network on the north side of Halls Hill Road. Thanks to the continued partnership between the Colchester Health and Public Works Departments, a newly painted crosswalk, as well as bright green pedestrian crossing signs and arrows, now clearly indicates where pedestrians can cross the street safely. This crosswalk safety program is funded by a CT Department of Public Health grant.

Not all crosswalks are clearly marked with white stripes painted on the road surface. In the center of town by the Town Green, some of the crosswalks are brick pavers with a concrete outline. These crosswalks have electronic pedestrian signals that designate when the pedestrian has the right of way to cross. Once the pedestrian button is pressed, the pedestrian must wait for the signal to display the "WALK" indicator, which means they have the right to proceed into the crosswalk. Even so, pedestrians should continue to be alert for traffic at all times while in the roadway and always check for turning vehicles.

Crosswalks outside the center of town are clearly defined with white paint stripes leading across the street from one sidewalk to another. In the absence of electronic pedestrian signals, pedestrians must take more caution crossing the street. A pedestrian may not proceed into a crosswalk from the curb if vehicular traffic is so close that it may not be possible for the vehicle to stop safely. There is no defined distance that a pedestrian must abide before entering the crosswalk, but common sense should prevail.

- Regardless of whether you are at a crosswalk with a pedestrian control, a traffic light, both a control and a light, or only a crosswalk on the road surface, all pedestrians should be aware of the following:
- The crosswalk is a portion of the roadway specifically designated for pedestrian crossing.
- Generally, the pedestrian has the right of way in a crosswalk. Vehicular traffic must yield to a pedestrian in the crosswalk. A pedestrian may not, however, leave a sidewalk or other place of safety and enter onto a crosswalk and into the path of a

vehicle that is so close that it may not be possible for the vehicle to stop safely.

- Remember that simply because the pedestrian can see the vehicle driver, it is not necessarily true that the vehicle driver has seen the pedestrian. For their own personal safety, pedestrians should not enter a crosswalk if they don't feel the driver has seen them.
- When preparing to cross the street in front a vehicle, pedestrians should make eye contact with the vehicle driver before proceeding.
- If crossing at a corner, pedestrians should look in all directions to be aware of vehicles that may be turning the corner, including making a right hand turn on a red light.
- Remember that being in a crosswalk does not protect crossers from harm. Legally, pedestrians have the right of way in a crosswalk, but pedestrians are expected to exercise due care for their own safety.
- Pedestrians in a crosswalk are required to yield the right of way to emergency vehicles which indicate either by flashing lights or sound that they are operating in an emergency situation. This is particularly critical in the center of town where police and fire vehicles are more likely to travel. There may be multiple vehicles and multiple agencies responding to an emergency call, so pedestrians should always check to ensure that all emergency response vehicles have passed before crossing the road. Volunteer fire responders may also be heading toward the fire house while response vehicles are heading away.
- In order to increase visibility to drivers, pedestrians should wear bright or fluorescent colored clothing during daylight hours and wear reflective clothing and use a flashlight in the twilight or nighttime.
- Parents should teach children how to use crosswalks safely. Children under 10 years old don't have the ability to judge the speed or distance of oncoming traffic. In addition, their peripheral vision is 1/3 less than adults', so they can't see oncoming traffic as well as an adult. Because of their shorter attention spans and level of thinking, children are often impulsive and behave unpredictably in traffic situations.

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Pedestrian safety is important. People using Colchester's sidewalk systems, including the crosswalks, are a vibrant part of our community. Pedestrians and drivers alike can take responsibility for keeping walkers safe. As part of a crosswalk education and awareness program funded by the CT Department of Public Health, the Colchester Health and Public Works Departments are challenging residents' knowledge of crosswalk safety rules. If you read the crosswalk safety articles in this edition of Colchester Connections, you should know the answers to the questions below. Take the quiz, and put your name and phone number in the space provided at the end of the quiz. Respondents with 8 of the 10 questions correct PLUS the bonus question correct will be entered into a drawing to win a reflective walking vest. This quiz is also available on the Health and Public Works web pages on the town's website at <http://www.colchesterct.gov> for those who prefer to submit their entries electronically.

**1. What is the difference between the brick paver crosswalks in the center of town and the white painted crosswalks seen elsewhere in town?**

- a. The pavers provide guidance where pedestrians should cross and are not considered a legal crosswalk like the white painted crosswalks
- b. The brick paver crosswalks prevent pedestrians from slipping on a wet road surface where traffic is heavy
- c. There is no difference. Pedestrians and drivers are held to the same standards regardless of the look of the crosswalk

**2. Pedestrians in a crosswalk typically have the right of way over motor vehicles**

- a. Yes
- b. No

**3. Pedestrians using a crosswalk are always protected from harm from motor vehicles while they are in the crosswalk.**

- a. Yes
- b. No

**4. Pedestrians entering the crosswalk should:**

- a. Check for oncoming traffic
- b. Run across the street as quickly as possible
- c. Make eye contact with drivers before stepping into the crosswalk
- d. Both a and c above

**5. When using electronic signalized crosswalks such as the those in the center of town, pedestrians:**

- a. Can cross as soon as they have pushed the button
- b. Must wait for the signal to indicate when it is safe to cross
- c. Should only use the electronic signals during inclement weather to get vehicles to stop

**6. Drivers making a right turn on red have the right of way over pedestrians in a crosswalk**

- a. Yes
- b. No

**7. Children under 10 years old using crosswalks**

- a. Don't have the ability to judge the speed of oncoming traffic
- b. May behave unpredictably in traffic situations and crosswalks
- c. Have less peripheral vision than adults and may not see traffic coming toward them
- d. All of the above

**8. Pedestrians must yield the right of way to emergency vehicles**

- a. That are driving around
- b. That indicate by use of flashing lights or sound that they are responding to an emergency
- c. In the evening and after dark

**9. For safety, pedestrians should wear**

- a. Brightly colored and/or reflective clothing
- b. Good walking shoes
- c. The latest fashion choices

**10. Pedestrian safety is**

- a. Everyone's responsibility
- b. Up to the pedestrian
- c. Strictly the responsibility of drivers

**Bonus question-** What are the colors in the pedestrian crosswalk sign near the front of the Colchester Senior Center on Norwich Avenue? (The sign with words only, not the sign with the picture of a walking pedestrian and arrow.)

NAME \_\_\_\_\_

PHONE NUMBER \_\_\_\_\_

Completed quizzes can be dropped off at either the Public Works Department or the Health Department in Town Hall, or in the Public Works after hours drop box by the front door to Town Hall. This quiz is also available on the Health and Public Works web pages on the town's website at <http://www.colchesterct.gov>

All completed quizzes submitted by Monday, April 5 will be entered into the drawing for a reflective walking vest.



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## WE'RE LISTENING!

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**Any questions or comments?**  
**Call or drop us an e-mail.**  
**Keep This Important Information!**

**127 Norwich Ave, Colchester, CT 06415**

### PARKS & RECREATION ADMINISTRATION

Director, Jason Cohen	jcohen@colchesterct.gov
Office Manager, Liz Kessler	ekessler@colchesterct.gov
Recreation Supervisor, Anita Pizzutiello	apizzutiello@colchesterct.gov
Recreation Specialist, Chris Woodside	cwoodside@colchesterct.gov
<b>Phone: (860) 537-7297</b>	<b>Fax: (888) 468-6093</b>

### PARKS & RECREATION COMMISSION MEMBERS

Sean O'Leary, <i>Chair</i>	Chris Ferrante, <i>Vice Chair</i>	Norm Kaplan
Lynette Dimock, <i>Secretary</i>	Lynne Stephenson	Jody Barr
Melissa Kennedy	Eric Kundahl	
Albert Spranzo ( <i>Alternate</i> )	Clint Williams ( <i>Alternate</i> )	

### PUBLIC OFFICE HOURS

Monday - Friday 8:30am - 4:30pm

### PARK MAINTENANCE CREW

Tim Angell, Crew Leader, Don Johnson, Neal Trecarten, Mike Ryder, Jessie Layhue, Alan Veazie, Bob Slocum

### SPORTS LEAGUES - WHO TO CONTACT

Although many organizations use town's facilities, the following groups do not come under the direction of Colchester Parks & Recreation. Unless otherwise specified, sports leagues can be reached through their voice mailbox on the Parks & Recreation Infoline: 537-7200 ext. 1004.

#### YOUTH

<b>Basketball:</b> Matthew Willauer	basketball@colchesterct.info
<b>Cheerleading:</b> Kimberly Smithwick-Gross	cheer@colchesterct.info
<b>Football/Cheerleading:</b> Paula McDowell	football@colchesterct.info
<b>Lacrosse:</b> Kathy Scott (537-6928)	lacrosse@colchesterct.info
<b>T-Ball, Baseball &amp; Youth Softball:</b> Tom Lambert (367-6256)	baseball@colchesterct.info
<b>Youth Soccer:</b> Thomas Carey	soccer@colchesterct.info
<b>Youth Wrestling:</b> Ann Kilpatrick	wrestling@colchesterct.info www.colchesterwildcats.org

#### ADULT

<b>Men's Softball:</b> Mike Gatesman	menssoftball@colchesterct.info
<b>Women's Softball:</b> Lynn Stephenson (674-0143)	cwsl@colchesterct.info
<b>Men's Soccer:</b> Hugo Vivero	menssoccer@colchesterct.info
<b>Men's Baseball:</b> Chris Ferrante	mensbaseball@colchesterct.info
<b>Colchester Special Olympics:</b> Necia Stopa	nstopaharp@yahoo.com



## 5th Annual Spring Clean-Up Volunteer Day



**Saturday, April 10**

**9am-12noon**

**8:30am check-in at the Town Green**

Join hundreds of other community members and town organizations as we weed and beautify various parks and school grounds throughout Colchester! Come dressed to get dirty – participants are asked to bring gloves, shovels, rakes and wheelbarrows. First 200 participants receive a souvenir event t-shirt!



## 2010 Colchester Summer Concerts on the Green

sponsored by Rockville Bank

**Sundays, July 11-August 15**

(Rain dates: Aug. 22 & 29)

**5:00pm**

**Town Green**



Everyone's favorite summer events are back with another incredible line-up of entertainers, sponsors, pre-concert activities, concessions and more!

Visit the concert web page for up to date information as it develops: [www.colchesterct.gov/concerts](http://www.colchesterct.gov/concerts)



## Friday Night Lights Tennis Spring Kick Off Festival Friday, April 9th 7:30 p.m. – 9:00 p.m.

RecPlex Tennis Courts

**Free Tennis Lessons, Fun Tennis Games  
and Activities for all ages!**

Inchworm Relay, Racquet Quickness Circle,  
Partner Ball Pass etc.

**NEW QUICK START NETS WILL BE USED!**







## Colchester Parks & Recreation's 10th Annual Spring Plant Swap

On **Saturday June 13th** from 9:00 – 9:30 a.m. at the Cohen Woodlands located on McDonald Rd, Colchester Parks and Recreation will host the 10th annual Spring Plant Swap.

Call for more information 537-7297.

Bring a healthy sampling of four or more of your favorite plant(s) potted up, and go home with the same amount from the gardening friends you will meet at the swap. It is a well known fact that gardeners are the most generous people in the world. Come share with us in a morning of laughter, new friendships and free plants! Swap is free. The swap goes very quickly, so don't be late!

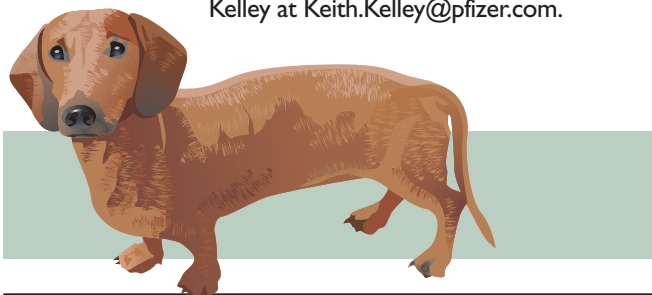


**Plant Swap Instructions:** Please pot your plants at least 4 days before the Plant Swap and clearly label each plant with name of plant, sun requirements, height, bloomtime and any other helpful comments ie spreads quickly, cut back for multiple blossoms, deer resistant etc. If you have a lot of something that needs to be dug up ie hosta, spirea, please let us know when you register so we can announce the opportunity to "come and dig them up" at the swap.

## Colchester Dog Park Committee

The Colchester Dog Park Committee continues to raise funds for the Dog Park. So far, with the help of volunteers, community members and generous donors, the committee has raised over \$30,000. They will soon start the bid process for fencing and grading the driveway and hope to break ground this Spring. But more help is needed. You can contribute to the dog park by sending a check to Colchester Parks & Recreation c/o Colchester Dog Park or by purchasing a brick for the park entrance walkway at [www.bricksrus.com/order/colchesterdogpark](http://www.bricksrus.com/order/colchesterdogpark).

As part of the site construction, the Colchester Dog Park Committee is currently seeking clean fill for the driveway. If you have any to donate, please contact Keith Kelley at [Keith.Kelley@pfizer.com](mailto:Keith.Kelley@pfizer.com).



## Volunteer Opportunities

With the start of the year, it is time to begin planning the 6th Annual Colchester 57 Fest! The planning committee is welcoming new members to contribute ideas and support to make this year's event the best one yet.

If you would like to volunteer for this committee, or any other program or event, please let us know! We have many opportunities throughout the year where we would love the help! Spring Clean Up, Concerts on the Green, Hot Shot Basketball, Outdoor Movie Nights, Trick or Trunk, etc. Volunteers are not only needed during the event but also during the planning and promotion of all our programs & special events.

Email: [mailto:parksandrec@colchesterct.gov](mailto:mailto:parksandrec@colchesterct.gov)



## USTA's Recreational Coach Workshop (RCW) USTA ON-COURT TRAINING

Join us for a workshop ideal for coaches, instructors and parents who work with players of all ages. In this interactive session you will learn to instruct large groups, the game-based approach to coaching, to run effective team practices, games every coach should know and the Quick Start Tennis Play Format. Take your skills to the next level and help grow the game! Great opportunity for Bacon Academy students!!

**Saturday, May 1st**

**9:00 a.m. to 3:30 p.m.**

**Colchester RecPlex, 215 Old Hebron Rd.  
\$20 per person**

For more information and to register please contact Colchester Parks & Recreation 860-537-7297. For your convenience you may also register on line at [www.colchesterct.gov](http://www.colchesterct.gov). Visa and master card accepted. Email [parkrec@colchesterct.gov](mailto:parkrec@colchesterct.gov)

## Introduction to Environmental Stewardship

**Wednesday, March 24**

**6:00-9:00pm**

**Town Hall, Room 1**

**FREE**



The Colchester Wildlife Habitat Committee, Colchester Gardening Club and Colchester Land Trust join with Parks & Recreation to present this educational and interactive session on the basics of environmental stewardship. The seminar will focus on three core areas: providing leadership for sustainable communities, promoting sustainable landscapes, and fostering the next generation of stewards. The seminar has been developed by the National Recreation and Park Association.

# FUN FAIR!

**What?** Colchester Elementary School Parent Teacher Organization Fun Fair

**When?** Saturday, May 15th  
from 10 a.m. to 3 p.m. (rain or shine)

**Where?** Colchester Elementary School ~ Events will be in the cafeteria, gymnasium, CES playground and lawn. Some parking will be available at CES, JJIS, WJJMS and surrounding areas. The pathway between CES and JJIS will be open for foot traffic. If raining, most outside events will be moved inside CES.

**Who?** The whole family! Friends too!

**Why?** All proceeds will be used to directly benefit Colchester Elementary School students, families and staff.

**Note:** There are fun free events to enjoy but some games and events have a minimal charge of 50 cents to \$1.00 with a few exceptions and there will be raffles, vendors, crafters and food.

Come prepared to have FUN!

**Touch a Truck** – This famous Colchester town event is joining us. What is your favorite?

**Box Maze, Bounce House, Penny Toss, Buckets of Fun, Pocket Wall, Face Painting, and Much More!**

**Themed Basket Raffle –**

*Anything from BBQ to Family Fun Night.*

Buy a raffle ticket for your chance to win.

**Bake Sale, Food Vendors, Vendor/Craft Fair**

Any questions feel free to contact Jen Hughes,  
Fun Fair Chairperson @ <mailto:funfair@cespto.org>

**We hope to see you at the  
Fun Fair having FUN!!**



## Whoever has the most fun WINS!!

Stop at the Parks and Recreation office before you go and pick up your discount tickets! Good any day until the end of the season! Our office hours are Monday – Friday 8:30 a.m. to 4:30 p.m. For your convenience visa & mastercard are accepted. Tickets will be available in late April, please check with us before you go!

### Lake Compounce Discount Tickets

Whether it's chills or thrills that make you happy they've got the best of both, and then some! Play all day on rides like Boulder Dash, Zoomerang and Thunder n' Lightning. Chill near the lake in Anchor Bay, Clipper Cove and Mammoth Falls. And little thrill seekers will enjoy Garfield's Circus World perfect for ages 3-10.

2010 Prices TBA

### Six Flags New England Discount Tickets

Summertime is here and it's time to take a trip to Six Flags! Many theme coasters and a great water park! For theme park details check out their website at:

<http://www.sixflags.com/parks/newengland>

2010 Prices TBA





## United States Tennis Association Adult Tennis League

Are you a beginner tennis player looking to be part of an adult tennis league? Don't miss this opportunity!! Grab your friend and form a team.

The Colchester Parks and Recreation Department is looking for beginner level men & women to form one or more teams representing Colchester in a league featuring teams from, Glastonbury, Marlborough, East Hampton, Hebron, Bolton and perhaps other surrounding towns.

5-10 players are needed per team. Each Match will consist of 1st Singles, 1st Doubles and 2nd Doubles matches. Matches will be held on Monday evening's beginning at 6:00 p.m. The winning team in the men's and women's divisions will have the opportunity to compete various divisional championships throughout New England.

**Tentative Schedule:** Teams will be forming June 4th, Captains Meeting June 7th, First Match: June 21st, Last Match: August 16th, League Tournament: August 21st. Colchester Parks & Recreation.

The league will be governed by the USTA. Membership in USTA will be required. Memberships include subscription to TENNIS and USTA Magazines as well as many other discount and privileges.

This league is for those fit in the National Tennis Rating of 2.5 for women and 3.0 for men. A general guideline is as follows:

The National Tennis Rating Program (NTRP) classifies players in a certain skill level. The NTRP provides a simple, self-placement method to group individuals of similar ability for league play, tournaments, group lessons, social matches and club or community programs. Ratings range from 1.0 (beginner) to 7.0 (world-class professional).

### TYPICAL BEGINNER (2.5 – 3.0) SKILL LEVEL

**FOREHAND:** Form is developing; prepared for moderately paced shots; not always consistent.

**BACKHAND:** Grip and preparation problems; often chooses to hit forehand instead of backhand.

**SERVE/RETURN OF SERVE:** Attempting a full swing; can get the ball in play at slow pace; inconsistent toss; can return slow paced serve.

**VOLLEY:** Uncomfortable at net, especially on the backhand side; Consistent forehand volley; inconsistent backhand volley; has trouble with low and wide shots.

Fee: \$59/pp USTA & \$10/pp Colchester Parks and Recreation

### INFORMATIONAL MEETING

If you are interested in participation or just want to learn more, please attend the informational meeting on Monday, May 3rd 6:30 p.m. in the Colchester Town Hall, Meeting Room I.



## Friday Night Lights Tennis Spring Kick Off Festival Friday, April 9th 7:30 p.m. – 9:00 p.m.

RecPlex Tennis Courts  
Free Tennis Lessons, Fun Tennis Games  
and Activities for all ages!  
Inchworm Relay, Racquet Quickness Circle,  
Partner Ball Pass etc.  
**NEW QUICK START NETS WILL BE USED!**



## Colchester Learning Foundation

The Colchester Learning Foundation, in conjunction with the Connecticut Association for the Gifted, will present "Minds in Motion" on March 27th, 2010, from 12:30-4:00 p.m. at Jack Jackter Intermediate School. For a nominal fee, students in grades K-8 will have the opportunity to participate in unique, stimulating, and exciting hands-on workshops in a variety of topics including, the arts, literature/writing, science, math, fencing, holography, and more. Parents will attend a keynote address and adult workshops free of charge. Vendors will also be present. Please see <http://www.ctgifted.org> for complete course list and registration information. Contact Roberta Avery at 860-537-1889 for more information.



### Pitch Hit & Run Baseball Contest

**Who:** Boys & Girls ages 7-14 years

**Age is determined as of July 17, 2009**

**What:** Baseball Skills Contest

**Where:** RecPlex Baseball Field

**When:** TBA

**Rain Date** TBA

**Time** TBA

**Free!!**

To promote baseball enthusiasms as well as baseball skills, fun, physical fitness, and good sportsmanship. Pepsi & Major League Baseball Pitch Hit and Run is a local competition that provides youngsters across the country the opportunity to participate in a fun and exciting baseball skills competition. Pitch Hit and Run is a free national program that gives boys and girls ages 7-14 the chance to showcase their baseball abilities.

Pitch Hit and Run is intended to encourage youth participation and emphasize the fun element of baseball. Participants can pre register at the Parks and Recreation office. The individual Pitching, Hitting and Running Champions, along with the All-Around Champion in each age group at the local competition will advance to the Sectional Level of Competition.

All interested and eligible participants are encouraged to complete the registration/waiver form and return it to the Parks and Recreation office. Registration forms will also be accepted the day of the competition at the recreation

### 33rd Annual Hershey Track & Field Games

**Who:** Boys & Girls ages 9-14 years old

**Age as of December 31, 2009**

**What:** Local Track & Field Competition

**Where:** East Hampton High School

**When:** May 27, 2010

**Time:** 3:00pm-6:00pm

**Free!!**

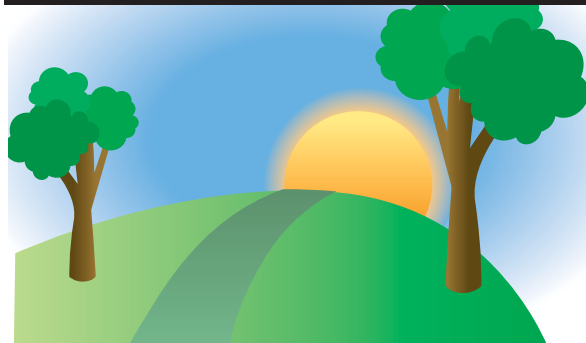
Hershey Track & Field Games help promote physical fitness, encourage participation, friendship and sportsmanship. Events include the 50-meter dash, 100 meter dash, 200 meter dash, 400 meter dash, 800 meter run, 1600 meter run, 4x100 meter relay, standing long jump, and softball throw. Contestants can participate in two field events and one running event or two running events and one field event. The winners in each age division of the local district meet will advance to the state final and possibly qualify beyond to the North American Finals held in August. Registered participants from Jack Jackter Intermediate School and William Johnston Middle School between the ages of 9-14 years old will be granted permission to leave school early and be bused to the East Hampton High School Track.



### 4th Annual Tour de Trail

**Saturday, June 5**

**Time: 10:00am-12:00noon**



Walk, bike, jog or ride your horse along the Air Line Trail. In celebration of National Trails Day, the Parks & Recreation Departments in Colchester, East Hampton, and Hebron are teaming up to offer activity stations along the trail.

Activity stations will be scattered along the approximately 10-mile section that runs through three towns. Stations will feature: Bike Maintenance, Trail History, Nature Interpretation, Land Conservation, Letterboxing, Viaduct History, Trail Safety, and more!

As a special reward for visiting at least three of the stations, visitors will receive a souvenir "Tour de Trail" t-shirt. Pick up your "Trails Day Passport" at any station, and get it stamped at each one you visit. Then turn it in at one of the designated stations for your free shirt.

For a map of the Air Line Trail, including parking areas, visit the Parks and Recreation Office, or download it from the web site: [www.colchesterct.gov/parks.html](http://www.colchesterct.gov/parks.html).



### CIVIC ORCHESTRA AND CHOIR STARTS SEASON – SEEKS NEW MEMBERS

The Colchester Civic Orchestra and Choir has started the spring rehearsal season with plans for a spring concert and an early summer concert. The CCO is a community group sponsored by Colchester Parks and Recreation, and open to musicians of intermediate level and above. Current members range in age from 10 to 70 and are from towns all over Connecticut. The CCO is seeking new members for orchestra, choir, and jazz band. Orchestra meets on Thursdays from 7 – 9 pm; choir meets on Tuesdays from 7 – 9; and jazz band meets on Wednesdays. All rehearsals are held at the William J Johnston Middle School in Colchester. For more information visit the website at [www.colchestercivicorchestra.org](http://www.colchestercivicorchestra.org), or call John Ringo at 860-267-6271.





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## GENERAL INFORMATION

### Insurance Information

We are unable to assume responsibility for injuries/accidents occurring at programs or on park facilities. Such insurance would make programs and user fees prohibited.

### Photo Permission

Participants permit the taking of photographs and video of themselves and their children during activities for publication and use for promotional purposes unless otherwise stated.

### Inclusion Policy

Colchester Parks & Recreation recognizes that every person is unique and brings with them a wide range of skills and abilities. We continuously strive to provide challenging experiences so that all can achieve their full potential. As such, we encourage and support individuals with disabilities to fully participate in all programs offered by our department. Please let us know how we can accommodate you.

*The Town of Colchester abides by all guidelines of the 1990 Americans with Disabilities Act (ADA).*

### Find a Mistake

It is our policy to include something for everyone. Since some people like to find errors, we regularly include a few in our brochure to meet this need. A Parks and Recreation water bottle will be awarded to the first caller to report an error.

### Program Changes

Every effort has been made to ensure the accuracy of the information presented in this program guide. However, all courses, instructors, locations and fees described are subject to change.

### Weather/

### Cancellation Policy

Please check our website at [www.colchesterct.gov](http://www.colchesterct.gov) for weather cancellations. For your convenience you may also call our office to hear a special recorded message. We do what they do! If there is no school, there are no programs unless otherwise noted.

## HOW TO REGISTER

*Reg. Procedure:* Please remember to include the Activity Number and Activity Name on your Reg. Form.

Example:

### Women's Basketball

2000.303 WJIMS Gym 6:00pm - 9:00pm Th

#### 1. Walk-In

Stop by the Parks and Recreation office, Suite 107, First Floor Town Hall. We are open to the public Monday thru Friday, 8:30am - 4:30pm.

#### 2. Mail-In

Mail in Reg. form and fee (payable to the Town of Colchester) to:  
Parks & Recreation  
127 Norwich Avenue  
Colchester, CT 06415



#### Location Abbreviations:

**BA:** Bacon Academy  
**TH:** Town Hall  
**WJMS:** William J. Johnston Middle School  
**CES:** Colchester Elementary School  
**JJIS:** Jack Jackter Intermediate School

#### 3. Drop Box

Drop it in the drop box slot to the left of the front doors of the Town Hall. You can do this anytime the office is closed.

#### 4. Fax or E-mail to

Fax (888) 468-6093  
[ekessler@colchesterct.gov](mailto:ekessler@colchesterct.gov)

#### 5. Online Registration

Colchester Parks & Rec is part of the Active.com network to provide you with access to our programs 24/7. If you go to [www.colchesterct.gov](http://www.colchesterct.gov) you can access all Parks & Recreation program information and register on-line at your convenience! To access program information, click on Parks and Recreation on the menu, then click on Parks & Recreation PROGRAMS. This will link you directly to Active.com's website. You will find all programs offered listed at this location. To sign up for a program on line, you must register with Active.com initially to log on. There is a small processing fee to register this way. Sorry, program discounts and credits are not redeemable when registering on line.



### Satisfaction Guarantee

*"Colchester Parks & Recreation stands behind all of its programs and activities with a satisfaction guarantee. If you are not completely satisfied, we will do what it takes to make things right."*

### Late Fee Policy:

Program Registration deadline is one week prior to the start of the program. If we can accommodate a Registration after the deadline there will be a \$10 late Registration fee.

### Return Check Fee:

All checks returned for non-sufficient funds (NSF) will be charged an additional \$25 fee.

### Inability to Pay

If a hardship exists, the applicant may be granted a reduced or waived fee. Forms are available upon request. Confidential written applications may be made to the Parks and Recreation Director.

### Non-Resident Policy

Colchester residents' registrations will be processed first. Non-residents are eligible to participate if space allows. Non-resident registrations will be processed one week after registrations begin. There will be a \$20.00 non-resident fee. Non-residents may be placed on a waiting list, and will be called after all Colchester residents from the waiting list are contacted. Non-residents are ineligible to participate in a lottery. This policy excludes bus trips.

### Waiting List

All registrations are accepted on a first come, first served basis. Enrollment cannot be guaranteed. If your desired class is filled, you will be notified and placed on a waiting list. We will make every effort to accommodate those on the waiting list by adding classes if possible. If additional class openings become available, we will use the waiting list to fill the class. If no openings occur, we will make a full refund.

### Seasonal Brochures

Seasonal brochures are published 4 times per year: Fall (Aug.), Winter (Nov.), Spring (Feb.), Summer (May). They are distributed on the last Thursday of the respective month within a complimentary edition of the Colchester Bulletin. Submissions deadlines are the 1st of the month prior to publication (e.g. July 1 for the Fall issue).

## •• PLEASE READ!!! ••

### LOW ENROLLMENT PROCEDURE

**The Early Bird Gets the Worm!**  
**Don't let a great program get canceled due to low enrollment! REGISTER EARLY!**  
**If a program does not meet its minimum enrollment number one week prior to the start of the program, it will be canceled.**



**You Must Pre-Register for ALL Programs**

## REGISTRATION FORM for Parks & Recreation

### FOR OFFICE USE ONLY

DATE: \_\_\_\_\_ REC'D BY: \_\_\_\_\_

CASH/CREDIT/CHECK # \_\_\_\_\_

☐ RECWARE ☐ WAIVER ☐ CONFIRMATION

NO REGISTRATION WILL BE COMPLETED WITHOUT PAYMENT

Name/Adult: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Has this Address changed since you last registered? \_\_\_\_yes \_\_\_\_no

Evening Phone: \_\_\_\_\_ Day Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Secondary Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

### MEDICAL INFORMATION

Physician: \_\_\_\_\_ Phone: \_\_\_\_\_

Please list any allergies, medications, or previous conditions which we should be aware of:  
i.e. ADD, ADHD, Hearing impaired, Visually Impaired, Special Ed, etc. Allergies i.e. Peanuts, Laytex, Bee Stings, etc.

Do you need an accommodation because of a disability to enjoy this program? YES NO



Wheel Chair Access for Bus Trips

### ASSUMPTION OF LIABILITY

Participation in the activity may involve risk of injury. As a parent, guardian or participant, I am aware of these hazards and my ability to participate. I hereby agree to release, discharge and hold harmless the Town of Colchester, its employees contracted instructors and volunteers from the liabilities which may occur while participation in the activity. I understand that participation in any recreational or sport activity involves risk. I further understand that the Town of Colchester does not provide accident/medical insurance for program participants. In addition, I give permission for the child(ren) to be treated by qualified medical personnel in the event that the above named parent/guardian can not be reached at the phone numbers provided.

Signature (Parent/Guardian if participant is under 18) \_\_\_\_\_ Date \_\_\_\_\_

Other Signatures (All those listed below over 18 years of age must sign the release.) \_\_\_\_\_ Date \_\_\_\_\_

Please Circle:   Credit Card#: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Name on Card: \_\_\_\_\_ Signature: \_\_\_\_\_

Participant	Sex	Date of Birth	Grade	Activity Number	Cost	Activity Name

Please send this form to:  
Parks & Recreation • 127 Norwich Avenue • Colchester, CT 06415  
or fax to (888) 468-6093  
Make check payable to: Town of Colchester

Non-Resident Fee  
\$20.00 per class  
Scholarship Fund  
Donation  
Total Due

PLEASE CUT OUT THIS FORM BEFORE SENDING IN.



# Day Camp

To find out the most current information on Parks & Recreation programs & special events please visit our website at

[www.colchesterct.gov/parks](http://www.colchesterct.gov/parks)

We also suggest that you subscribe to our email list for up to the minute notification on rainy day changes and other important information.

## The Colchester Day Camp Difference 2010

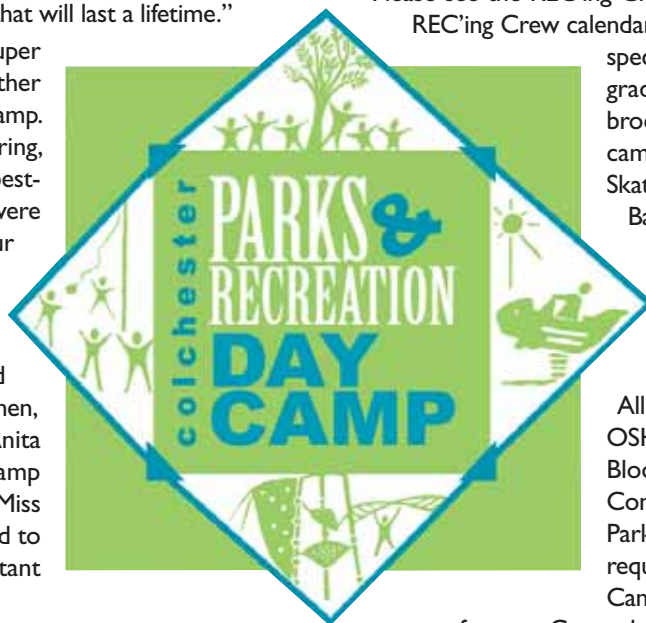
A warm welcome to all from Miss T and the entire staff of Colchester Day Camp! With the days finally getting longer, we are very excited to talk about the coming season and all its super events! It is a privilege for us to provide a safe environment for all our campers who will learn how to build new relationships, cultivate friendships, explore and develop new skills, and enjoy growing individually as well. This is again, our commitment to you ~ our camp community. It is our honor and promise to create a safe world of wonderful character building "memories that will last a lifetime."

Summer after summer our super staff return to enrich and further develop Colchester Day Camp. The most mature, nurturing, skilled, carefully chosen and best-trained returning staff that were hand picked from a panel of our directors are on board again this year.

Our staff is under the leadership of Parks and Recreation Director Jason Cohen, Recreation Supervisor, Anita Pizzutiello and Day Camp Director Shannon Tamosaitis (Miss T.) This season we look forward to welcoming a new Assistant Director, Noah Reisine!

Camp is a favorite time of year for all of us and through a winter of planning, we are anxious as ever to get started with our new and exciting camp season of amazing events! As we gradually say goodbye to snow and hello to sunshine, Miss T says keep on reading, go sledding while you can, do your homework first, and can't wait to see you soon at camp! Summer will be here before we know it!

Our Administration team rounds out with five super specialists in core areas: Sports & Games, Archery, Nature, Drama and Arts & Crafts.



Our day camp supervisors and counselors are made up of teaching professionals, college students, and mature high school students with several years of experience here at our camp. We invite students entering eight, ninth and tenth grade to apply to be a part of our strong 5-week Counselor-in-Training (C.I.T.) program. There is a fee of \$125 for this unique training experience. Application packets are available on our website at <http://www.colchesterct.gov>, and in the WJMS & Bacon Academy Guidance Offices. Deadline to apply is March 31, 2010.

Please see the REC'ing Crew section of this brochure for the REC'ing Crew calendar of trips and activities. This program

specially designed for campers entering grades 7 – 9. The spring/summer brochure will include various other camps for all ages including, Skateboarding, MLS Soccer Camps, Basketball and Multi-Sport camps. The summer brochure will be available in May.

## Staff Training

All staff is required by state law and OSHA mandates to receive training in Bloodborne Pathogens Exposure Control (HEPb/HIV). The Colchester Parks and Recreation Department also requires all staff to attend an extensive Camp orientation seminar prior to the

start of camp. Counselors are active participants in training areas such as first aid and CPR, Epi-Pen, safety and security, emergency response, splash pad safety, record keeping, staff manuals, department policies and procedures, customer service, positive youth development, and character building. In addition, there are speakers brought in to train them in areas such as how to schedule activities, games and leadership, child development and behavior, mandatory reporting, and lots of hands on activities such as sports and games, arts and crafts, traditional camp games and songs. We are very committed to maintaining and developing all our Day Camp staff.

[www.colchesterct.gov/parks](http://www.colchesterct.gov/parks)





## Registration Information

Day Camp is for all children entering grades 1 – 6 in Fall 2010. Registration begins on Thursday, February 25th at 9:00 A.M in the Parks and Recreation Department located in the Town Hall. Register early for the best availability. The office is open Monday through Friday from 8:30 a.m. – 4:30 p.m. For your convenience you may call us at 537-7297. All registrations for Day Camp, Kindercamp and the C.I.T. program must be made in person in the office. Please keep in mind all campers are required to have a current (within three years of the date of the exam) copy of their health record on file with Parks & Recreation. The following required forms are available in the Parks & Recreation office and on our website: Camp Registration Form, Medical Release & Pick Up Authorization, Special Authorization, Health Assessment. Please note, due to severe camper allergies, Colchester Day Camp is a **PEANUT FREE CAMP**.

Registration for Day Camp and Kindercamp requires a 50% deposit. If prior to the start of camp a participant cancels their registration due to an illness or injury, they will receive a refund or credit for fees paid. There is a one time \$10 administrative fee per child, which includes a 2010 Colchester Day Camp t-shirt which is required to be worn on all day trips.

### Camp Fees –Prices based on 1 week sessions only:

Monday – Friday	\$140 includes trip fee
Extended Care AM	\$25 per week (7:00 a.m. to 8:45 a.m.)
Extended Care PM	\$25 per week (4:15 p.m. to 6:00 p.m.)

## Special Discounts!

**Early Registration Discount: Before May 3rd 5%**

**Multiple Week Discount: 5%**

**Sibling Discount: 5%**

**ALL BALANCES MUST BE PAID IN FULL BEFORE JUNE 14TH.  
ANY REGISTRATIONS ACCEPTED AFTER JUNE 14TH MUST BE  
PAID IN FULL AT TIME OF REGISTRATION.**

### Scholarship Info:

There are a limited number of scholarships available to campers in financial need. Applications are confidential and can be obtained by contacting Jason Cohen in the Parks and Recreation office.

### Camp Dates:

Week 1 June 21 – June 25

Week 2 June 28 – July 2

Week 3 July 5 – July 9

Week 4 July 12 – July 16

Week 5 July 19 – July 23

Week 6 July 26 – July 30

Week 7 August 2 – August 6

Week 8 August 9 – August 13

**Week 9 August 16 – August 20**

**(No extended Care on the last day of camp)**



### Week 1: (June 21-June 25)

#### Express Yourself Through Friendship Week

We kick off the summer this year with our friends, old and new! Enjoy lots of partner games and teambuilding tournaments. We'll have an all camp ice cream social and end the week with a trip to the Creamery Brook Bison in Brooklyn, CT where we'll make our OWN ice cream and butter! Happy summer!

### Week 2: (June 28-July 2) America The Beautiful

A fine time to celebrate our beautiful country! Campers will wear red, white, and blue while they cheer on their team in our American pep rally. We will take a trip on Wednesday this week to catch a Rock Cats game, celebrating a great American pastime; baseball! For the past three years we have received responses from our letter writing to our American troops in Iraq, we will again be sending letters over seas.

### Week 3: (July 5-July 9) Keepers of Mother Earth

Go Green ~ Encouraging the leaders of our next generation to take pride in the responsibility we have to protect our planet, Mother Earth. We also kick off our annual Reduce, Reuse, and Recycle Campaign as campers of all ages find fun activities and projects teaching us more about waste reduction, reusing, & recycling as they continue to be great "Keepers of Mother Earth." Annual reading of The Lorax, By: Dr. Suess will take place Thursday.



**Week 4: (July 12-July 16) To the Moon & Beyond.....**

Is the moon really 2,000 miles across? Yes! & we'll learn even more about the stars, astrology, constellations, eclipses, and our Planet Earth! All camp families are invited and encouraged to join us for our Family Fun Day Thursday this week from 4:00-5:00 p.m. (Special guest to be announced.) We'll finish off our interesting science study week in the Yale Planetarium and also visit The Peabody Museum.

**Week 5: (July 19-July 23) The Best of The Best!**

A collection of the BEST activities of the summer! Favorite games galore, visits from past camp counselors, a decade of photo collages, Campers Choice Awards, Campers Got Talent and Project Runway fashion show led by Miss Ashley! Also, please take part in our 4th Annual "Teens Saving Lives" Blood Drive as we host it again this year at JJIS on Thursday - ALL 2010 CIT'S taking part! Whether you donate a pint or bake a dish, we ask upon you to contribute to such a worthy and noble cause. Call us at camp to make your appointment, (860) 537-6583. Brings bikes and helmets to JJIS Thursday for our Bike Rodeo!

**Week 6: (July 26-July 30) 2010 Olympic All Stars!**

On your mark, get set, GO! Campers unite to represent their teams and countries at this year's, 2010 Colchester Olympic Games! Together we learn and further develop the value of good sportsmanship, fair play, and comradery while refining our fundamental game skills. Wear your favorite team gear on Thursday and have a blast at the awards ceremony on Friday, after our GAMES field trip!

**Week 7: (Aug 2-Aug 6) Mysteries, Maps, Riddles, & Races....**

Kids will pair up this week with friends to solve camp and counselor mysteries. They will follow magical maps to hidden treasures and race through human obstacle courses solving riddles! Wear your Thinking caps this week!!! Dress as a princess or pirate on Wednesday and dress with a friend as twins on Thursday! Bowling on Friday in Norwich!

**Week 8: (Aug 9-Aug 13) Exploration Around the World**

Discover and learn about a new country each day of this week. Explore culture, geography, foods and traditions in Ireland, China, Greece and through Island hopping. Toga party Wednesday and an amazing trip to the Essex Steam Train and Riverboat Friday! All camp families are invited and encouraged to join us for our Family Fun Day Thursday this week from 4:00-5:00 p.m. with special guest Polynesian Dancer, Kahana Hula.

**Week 9: (Aug 16-20) Ticket to Ride!!!!!!!!!!!!!!**

What's not to love about the most popular week of camp? Participate in the Pie Eating Contest, Balloon Toss, Cerdnaskrap Awards, and collect enough tickets to slip down the water slide and sink your counselors in the dunk tank while eating the best cotton candy around! Come and get your ticket to ride campers! Field trip on Thursday this week to the Cromwell Ice Skating Rink. FAMILIES, please join us at 3:30pm for the end of the year camp slideshow! (No extended care this last day of camp.)

**Non-Resident Policy**

Non-residents are welcome to participate if space allows. Non-residents will be charged an additional \$20 fee, per-session, per-child.

**Location**

Day Camp is held at the Colchester Recreation Complex (RecPlex) located on Old Hebron Road. This facility offers a variety of amenities to support a general daily activity schedule which includes playscapes, picnic pavilion, tennis & basketball courts, Bocce courts, various ball fields, rest rooms and the very fun water splash pad and skate park!

**Dates & Daily Hours**

Camp is held from 9:00 a.m. – 4:00 p.m. Monday through Friday. Camp is offered in **9 one-week sessions** starting June 21st and ending August 20th.

Please note there is no extended care available on the last day of camp, Friday, August 20th. You are invited to our Family Fun Days scheduled from 4:00-5:00 p.m. on July 15th and August 12th. All camp families are encouraged to attend at least one of these special events!

**SIGN IN/SIGN OUT**

You will notice when you arrive at camp you will be asked by your child's counselor to sign in and out each day. Please have your identification ready to ensure a quick and easy sign out. This is a great time to ask your child's counselor any questions you may have. Your feedback is always welcome!

**Arrival & Dismissal**

Campers are dropped off in their designated area at the RecPlex each morning at 9:00 a.m. Campers are grouped by grade, 1 - 6. Please look for a large sign and balloon with your child's grade on it to determine where you should sign them in. Your child's counselors will introduce themselves to you and your child, you sign them in and the wonderful world of camp begins!





If your child arrives earlier than 8:45 a.m. they will be signed in for morning Extended Care, fees will apply. Please pick up your children promptly at 4:00 p.m. at the same designated spot you signed them in. If your child has not yet been picked up by 4:15 p.m. they will automatically be enrolled in afternoon Extended Care, fees will apply.

### Extended Care

We have improved our Extended Care program to include organized activities, as well as an opportunity to unwind and relax. Extended Care does include a healthy snack to help beat the late afternoon slump.

Extended Care is available for full day campers only. Morning Extended Care is available from 7:00 a.m. – 8:45 a.m. for a flat weekly fee of \$25.00. Afternoon Extended Care is available from 4:15 p.m. – 6:00 p.m. for a flat weekly fee of \$25.00. Please pre register for extended care. If an emergency arises and your child utilizes the extended care program a daily rate of \$15 will be billed to you. Please note Day Camp staff are not permitted to accept payments. All payments must be made in our Town Hall office.

**THERE WILL BE NO AFTERNOON EXTENDED CARE ON THE LAST DAY OF CAMP, AUGUST 20th 2010.**

### What do we do at camp?

**WE ARE SAFE & WE HAVE FUN!** Day camp strives to expand imagination, creativity and friendships. Team building activities, enriching games, and a variety of athletics provide a perfect vehicle for building self-confidence, self-esteem, and physical fitness in all our campers through a non-competitive environment. Children are encouraged to reach individual goals and levels of success while having FUN! At the same time they learn to feel wonderful about their individual abilities and talents while developing the values of teamwork, friendship and good sportsmanship.

Each day at camp offers a variety of programs such as drama, nature, sports & games, archery, arts & crafts, music, journalism, and many other team building activities.

Our special events are designed around our weekly themes complete with costumes and special guest performers that are a memorable part of every camper's summer. Its no wonder camp creates friendships that last a lifetime! **PLEASE** note, we are a "Peanut Free Camp."



## HUGE HIGHLIGHTS FOR 2010!



*In our continuous efforts to create the best possible experience for our campers, we are happy to announce a number of exciting traditions, new and old, to our full-day camp!*

### Field Trips

Drum roll please.... we have some new field trips this summer!!! All campers will attend these enriching and fabulous weekly field trips! See the camp calendar as we have added amazing new destinations to go along with our new themes this year! Hip-Hip Hooray!!! What a great way to end the week! Please note; trips are scheduled to change without notice.

### Family Fun Days

We welcome parents and family members to join us again during our two family fun days this summer on July 15th and August 12th from 4:00 p.m. to 5:00 p.m. Our campers and super staff want to share the magic of camp with the ones we love! All camp families are invited.

### Elective Periods

Each Monday, campers will choose a special activity they will take part in for one hour each day. The elective groups will change from week to week as super staff share and teach the campers their special talents and interests! Our weekly Camp Newspaper is always a special choice offering for kids to participate in!

### Tennis – NEW!

Several times during the week campers will have the opportunity to participate in the USTA's Quick Start Tennis program. Specially trained tennis coaches and camp staff will incorporate the USTA's Quick Start Tennis program into camp! Quick Start is a new format to help kids ten and under learn and play the game. To make it easier for them, a few things have been changed. The court sizes, racquet sizes, balls, scoring system and event the net height. All campers will enjoy tennis games, carnival type activities and innovative tennis skill building all summer!





## Fourth Annual Blood Drive

The American Red Cross returns to Colchester day Camp at JJIS on July 22nd. We ask and encourage you to please come give the gift of life and donate! Our record breaking turnout the past three years has been truly amazing and we are thrilled to invite you back again this year! A magnificent THANK YOU goes out to our CIT's, camp staff, community members, and all who volunteered and donated. We are so proud of all of you who make up our community.

## Other Important Camp Details

### RED ZONE DAYS

Red Zone or Extreme Heat Days are WET & WILD at camp! Many extra water activities are scheduled throughout the day. The WATER SPLASH PAD will be open and running and sure to be a favorite for all campers! However, if the heat becomes a hazard, we will move campers to Jack Jackter Intermediate School located on Halls Hill Road. You may visit our website at <http://www.colchesterct.gov> or call the Day Camp office at 860-537-6583 to confirm our location for pick up. We reserve the right to transport campers locally as needed (rainy days, special events, etc.). Visit our website and subscribe to our mass email list and we will notify you of any changes.

## Discipline

Our Day Camp staff adheres to a fair but strict discipline policy. Campers whose behavior interferes with a positive camp experience or safety for other campers or staff may be subject to dismissal.

## Notices and Flyers

If your child leaves camp before closing ceremonies or will be missing a day or two, please check with your child's counselor for information and reminders about upcoming special events or other activities your child will need to be prepared for upon his/her return to camp. All flyers, reminders etc. are distributed to campers at dismissal time.

## Insurance Information

We are unable to assume responsibility for injuries/accidents occurring at programs or on park facilities. Such insurance would make programs and user fees cost prohibitive.

## Photo Permission

Participants permit the taking of photographs and video of themselves and their children during recreation activities for publication and use by the Parks and Recreation Department for promotional purposes unless otherwise stated. Check our website weekly for updated photos on our photo gallery.

# Teens Saving Lives!

## 4th Annual Blood Drive Colchester Day Camp at JJIS

The American Red Cross returns to Colchester Day Camp at JJIS on July 22nd. Please come and give the gift of life and donate blood. Our record breaking turnout last year was amazing and we are thrilled to invite you back again this year! Thank you to our CIT's and all who participated, volunteered and donated.



Sponsored by Colchester Parks & Recreation's Day Camp 2010  
Counselors in Training & Staff:

**JACK JACKTER INTERMEDIATE SCHOOL**  
315 HALLS HILL ROAD, COLCHESTER  
Thursday, July 22, 2010 from 1:00p.m. - 5:45p.m.



**American  
Red Cross**

The need is constant.  
The gratification is instant.  
Give blood.



**1-800-RED CROSS**  
(1-800-733-2767)  
[redcrossblood.org](http://redcrossblood.org)





## What and What NOT to Bring to Camp!

- **NO PEANUT BUTTER!** We are a peanut free camp, please **DO NOT BRING PEANUT BUTTER**, or anything containing peanuts. Certain granola bars, chex mix, candy bars, cracker jacks etc.
- **LABEL EVERYTHING!!** In addition to all clothing, please label lunch boxes, towels, water bottles, backpacks, sunscreen etc. If your child loses something, check the **LOST & FOUND** located outside the Day Camp Office. All unclaimed articles will be donated to charity each Monday.
- **SANDALS ARE NOT ALLOWED!** All campers should wear sneakers. With the exception of CROC style shoes. Water shoes are required in the Water Splash Pad area. If a child does not have water shoes, he/she will not be allowed to enter the splash pad that day.
- Bathing suits, towels, lunch, and a water bottle should be sent with each camper daily. (Your camper will also have the option to purchase bagged lunch as they were last year. Further details will be available closer to the start of camp.)
- Please apply waterproof sunscreen to your child prior to their arrival at camp. We recommend that you send sunscreen with them daily and teach your child how to re-apply sunscreen at camp to protect them from sunburn.
- Please do not allow your child to bring expensive/valuable items to camp such as Gameboys, PS2's, IPODS, MP3 Players, cell phones. We are not responsible for lost or stolen items.

## Lunch

Please send your camper with lunch and a healthy snack each day. Do not send glass containers. There is **NO** refrigerator available, so please include an ice pack. We highly recommend sending your child with a water bottle, which may be refilled as needed throughout the day at the water fountain. Re-usable containers are encouraged to reduce waste at the water park. There will be occasions during special events when we will offer a special snack as it relates to a theme. Also we have a no tolerance policy for any knives or other dangerous objects. Please do not pack any butter knives for your child's lunches.

Please remember, we are a **PEANUT FREE CAMP**.

Campers also have the option of purchasing a special sandwich lunch meal deal from a local restaurant, which is delivered to camp each day. Order forms are available in the Day Camp office.

*Every Child  
Matters To Us!*

## Kindercamp

Here is some information specific to Kindercamp. We strongly recommend you read this entire brochure.

Kindercamp (for children who will turn 3 years old before 12/31/09 through entering kindergarten) is our specially designed camp for pre school children. Under the guidance and care of our mature, gentle staff, our youngest campers are given a special experience.

Our program recognizes the social and motor skill level of pre-school children. It has been created to provide a warm, nurturing atmosphere where our youngest campers are encouraged to expand their horizons while feeling safe and cared for. What better way can there be to start their wonderful camp years?

This terrific group of returning counselors come together to make each day at Kindercamp the best ever for our three, four, and five year old campers. With the wonderful world that has been created for them, it is no surprise that every day is magical for our youngest campers and that the Kindercamp experience establishes an enthusiasm and love of camp that will last well into adolescence while providing them with a lifetime of memories!

Kindercamp has an outstanding staff that works exclusively with our youngest campers. Kindercamp is held from 9:00 a.m. to 11:30 a.m. Monday through Friday with other options also available. (See below.) Kindercamp is offered in 9-one week session starting June 21st and ending August 20th. The staff to camper ratio for Kindercamp is 1:8. Extended care is not available for Kindercampers. Please be sure to send your child with a healthy snack each day. For the safety of all campers we are a peanut free camp. Please do not send your camper with any peanut products. Please apply waterproof sunscreen to your child prior to their arrival at camp. We also ask that you please send your kindercamper to camp in their bathing suit.

*Again, please have your child wear a bathing suit to camp and apply waterproof sunscreen to your child prior to their arrival.*

For the safety of all campers we are a **PEANUT FREE CAMP!!**

### Camp Fees –Prices based on 1 week sessions

Plan A	Monday – Friday	\$ 67
Plan B	Mon/Wed/Friday	\$ 50
Plan C	Tues/Thurs	\$ 40

There is a one time \$5.00 administrative fee per child, which includes a 2010 Colchester Day Camp t-shirt!





## Special Discounts!

**Early Registration Discount: Before May 3rd 5%**

**Multiple Week Discount: 5%**

**Sibling Discount: 5%**

Week 1 June 21 – June 25

Week 2 June 28 – July 2

Week 3 July 5 – July 9

Week 4 July 12 – July 16

Week 5 July 19 – July 23

Week 6 July 26 – July 30

Week 7 August 2 – August 6

Week 8 August 9 – August 13

Week 9 August 16 – August 20

## Arrival and Dismissal

Kindercampers are dropped off in the designated area at the RecPlex each morning at 9:00 a.m., no earlier please. Kindercamp's drop off point is under "Tim's tree" the big tree located behind recreation field R5. They are picked up at 11:30 a.m. at either the playground or the spray park. There is no Extended Care for kindercampers. After 11:35a.m. there is a \$5.00 late charge for every 5 minutes or part thereof that a parent is late picking up a child. We appreciate your promptness.

## The Daily Deal

Kindercampers start their day with their own opening ceremonies. Then the world of camp opens! Activities vary; each day includes arts & crafts, games, music, storytelling, playscape time, water activities, nature hikes, special events and more! The WATER SPLASH PAD is a favorite for all campers! Some special guests include CT Audubon Society, Mystic Aquarium's traveling touch tank, Polynesian Dancers and story telling, and Funtastic Inflatables which adds special excitement to our Kindercamper's day!

## Rainy Days at Kindercamp

If it is raining, we will hold Kindercamp, along with the Day Camp, at Jack Jackter Intermediate School. Please use the gym ramp entrance. For consistency, we will try to make the decision as early as possible. Once your camper is signed in, if an issue arises, we will transport all campers to JJIS by bus. Kindercampers will travel as a group and will be accompanied by their counselors during the relocation process. If there is ever a question of where camp might be, please call the camp office at 537-6583.



## Kindercamp Themes 2010!

Week 1: Four Seasons-Color My World

Week 2: America the Beautiful

Week 3: Birds, Bugs, Bunnies & Butterflies

Week 4: Bubbles Under the Sea

Week 5: Fun on the Farm

Week 6: Once Upon a Time

Week 7: Dynamic Dinosaurs

Week 8: Super Sticky Science

Week 9: Ticket to Ride!

**Themes are subject to change without notice.**

Registration packets are available in the Parks & Recreation office.

Please bring a copy of your child's birth certificate & a current medical record when registering.

Join us for our  
**Kindercamp Open House**  
on Thursday, April 29th at 5:00 p.m.  
under the Pavilion at the RecPlex.

Meet the amazing Kindercamp staff and introduce  
your camper to all the magic of Kindercamp!

54500



## center space

### WELLNESS STUDIO

## NOW OPEN!

**HEALING ARTS SERVICES:**  
Healing Touch, Reiki, Intuitive Readings,  
Massage Therapy & Reflexology  
**CALL TODAY TO BOOK YOUR APPOINTMENT!**

**ONGOING CLASSES:**  
Yoga, Fitness, Partner Reflexology,  
Reiki Training, Energy Workshops,  
Monthly Guided Meditation, Zen  
Buddhism and much more!  
**REGISTER TODAY!**

**WE WELCOME WALK INS TO THE FOLLOWING CLASSES:**

SUNDAY HATHA YOGA 10AM	TUESDAY STABILITY BALL FITNESS 4:30PM	TUESDAY SVAROOPA YOGA 6PM	WEDNESDAY YOGA 101 9AM	WEDNESDAY HATHA YOGA 7PM
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CENTERSPACE IS LOCATED NEXT DOOR TO MEIKLEM KILN WORKS ART STUDIO

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[WWW.MEIKLEMKILNWORKS.COM](http://WWW.MEIKLEMKILNWORKS.COM)





# 2010 DAY CAMP DAILY SCHEDULE

Themes and activities are subject to change without notice. For information call...Day Camp Office (during camp hours): 537-6583  
Parks & Recreation Office: 537-7297. Campers are required to wear their 2010 Camp T-Shirts on trip days. CAMP RAIN LOCATION JJIS.

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

## WEEK 1: (June 21 - June 25) Express Yourself ~ Friendship Week

<b>21</b> Meet & Greet Icebreakers Camp Newspaper & Electives 	<b>22</b> Friendship Name Bracelets & Secret Hand Shakes! Hip Hop Dancer! 	<b>23</b> Rock, Paper, Scissors Tournament! Express Yourself with "I AM" Games	<b>24</b> Camp Ice Cream Social & Fantasy Face Paint with Ruth! 	<b>25</b> FIELD TRIP Creamery Brook Bison, Brooklyn, CT Make Ice Cream, Butter & Visit the Petting Zoo! 
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## WEEK 2: (June 28 - July 2) America the Beautiful

<b>28</b> Celebrate American History! Camp Newspaper & Electives 	<b>29</b> Annual Letters to American Troops in Iraq. 	<b>30</b> FIELD TRIP New Britain Rock Cats Baseball Game Wear Camp T-Shirt 	<b>1</b> Chicken Soup for the American Soul & All Camp Sing Down 	<b>2</b> American Pep Rally! Wear Red, White & Blue! 
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## WEEK 3: (July 5 - July 9) Keepers of Mother Earth

<b>5</b> Environmental Encounters, Reduce, Reuse, Recycle Camp Newspaper & Electives 	<b>6</b> CAMPARDY with Keith Alan! 	<b>7</b> Forest Friends, What Can We Do To Help Mother Earth? Nature Scavenger Hunt	<b>8</b> Hippy Day Annual Readings of The Lorax All Camp Planting Party! 	<b>9</b> FIELD TRIP Maritime Aquarium! Norwalk, CT Wear Camp T-Shirt 
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## WEEK 4: (July 12 - July 16) To the Moon & Beyond...

<b>12</b> Constellation Collectors... Camp Newspaper & Electives 	<b>13</b> Is Pluto Still a Planet? Happy Camper Horoscopes! 	<b>14</b> Space Exploring! Fantasy Face Paint w/Ruth! 	<b>15</b> Star Cards & Special Guest to be announced Fantastic Family Day 4-5 pm 	<b>16</b> FIELD TRIP Yale Planetarium and Peabody Museum New Haven, CT Wear Camp T-Shirt 
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## WEEK 5: (July 19 - July 23) The Best of the Best... Taste Ticket 2 Ride

<b>19</b> Tye Dye & Arts-n-Crafts (Bring White T-Shirt) Camp Newspaper & Electives 	<b>20</b> Camper's Choice Awards & Wacky Hair Day 	<b>21</b> Campers Got Talent & Fashion Show Taste Ticket 2 Ride 	<b>22</b> Annual BLOOD DRIVE at JJIS Bike Rodeo & Hip Hop Dancer 	<b>23</b> FIELD TRIP Old Saybrook House Ice Cream & Mini Golf Wear Camp T-Shirt 
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## WEEK 6: (July 26 - July 30) 2010 Olympic All Stars

<b>26</b> Camper Olympics Team Country • Team Colors • Team Chants Camp Newspaper & Electives 	<b>27</b> Teams for Relay Olympic Points! Favorite Sports Day! 	<b>28</b> Super, Thrills, Chills & Spills with Olympic Water Games!	<b>29</b> CAMPARDY with Keith Alan! 	<b>30</b> FIELD TRIP The Only Game in Town North Haven, CT Olympic Awards Ceremony! Wear Camp T-Shirt 
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## WEEK 7: (August 2 - August 6) Mysteries, Maps, Riddles & Races

<b>2</b> Giants, Wizards & Elves Oh My! Camp Newspaper & Electives 	<b>3</b> Map Your Way to the Magic Carpet Through Speed Passes & Relay Races 	<b>4</b> Princess & Pirates Day! Fantasy Face Paint with Ruth! 	<b>5</b> TWINS DAY!! Solve the Mystery by Decoding Team Riddles. 	<b>6</b> FIELD TRIP Norwich Ten Pin Bowling! Wear Camp T-Shirt 
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## WEEK 8: (August 9 - August 13) Exploration Around the World

<b>9</b> Ireland's History Luck & Culture Camp Newspaper & Electives 	<b>10</b> Year of the Tiger & Chinese New Year (Surprise Event!) 	<b>11</b> Toga Party in Greece... Ancient Empire Day! 	<b>12</b> ISLAND HOPPING & KAHANA HULA POLYNESIAN DANCERS FANTASTIC FAMILY DAY 4-5 PM 	<b>13</b> FIELD TRIP Essex Steam Train & Riverboat Ride Wear Camp T-Shirt 
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## WEEK 9: (August 16 - August 20) Ticket 2 Ride!

<b>16</b> CAMPARDY with Keith Alan! Camp Newspaper & Electives 	<b>17</b> All Camp Pie Eating Contest & Balloon Toss! 	<b>18</b> TICKET 2 RIDE 	<b>19</b> FIELD TRIP Cromwell Skate Rink! Camp Group Photos! Wear Camp T-Shirt 	<b>20</b> LAST DAY! Cerdanskrap Awards! Talent Show & Project Runway, 3:30 Camp Slideshow Pick up 4:00pm at JJIS. No PM. Extended Care 
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## Lil' Kickers Introductory Program

**Ages: 3 – 5 years old**

The Chung Do Kwan Academy of Colchester is offering a 4 week introductory Lil' Kickers Program. This specialized Taekwondo class is offered to children ages 3-5 years. The Lil' Kickers Program focuses on improving preschool-age children's basic motor and listening skills. In the Lil' Kickers classes, your child will be exposed to positive social interaction, learn to work with others and follow directions from the instructors through Taekwondo training. The curriculum consists of developing 8 major skills that are necessary for participation in any sport or activity. These skills are focus, teamwork, control, balance, memory, discipline, fitness and coordination. Registration deadline 1/4 Child must be 3 years old by first class.

Fee: \$50

Non-Res. Add'l: \$20

Location: Colchester Chung Do Kwan Academy

Session 1: Thursdays, Jan 7 - Jan 28 *Registration deadline 12/30*

Time: 9:30 a.m. – 10:10 a.m.

Activity # 6103.100

Time: 12:45 p.m. – 1:25 p.m.

Activity # 6103.101

Session 2: April 1 – April 22

*Registration deadline 3/25*

Time: 9:30 a.m. – 10:10 a.m.

Activity # 6103.108

Time: 12:45 p.m. – 1:25 p.m.

Activity # 6103.109

## Million Dollar Babies

**Ages: 2 & 3 years old**

Parent and child can experience the world of dance together in this six-week workshop. Children will be introduced to dance through rhythmic games, basic dance vocabulary, and spatial awareness exercises. Musical rhythm and loco-moto movements are explored in a fun and interactive way. Registration deadline 3/6

Date: Saturdays, March 13 – April 17

Time: 9:45 – 10:30 a.m.

Location: Dance Academy of Colchester

Fee: \$75

Non-Residents Add'l: \$20

Activity # 6103.822

Date: Mondays, March 15 – April 26

Time: 9:45 – 10:30 a.m.

Location: Dance Academy of Colchester

Fee: \$75

Non-Residents Add'l: \$20

Activity # 6103.823

Join us for our  
**Kindercamp Open House**  
on Thursday, April 29th at 5:00 p.m.  
under the Pavilion at the RecPlex.

Meet the amazing Kindercamp staff and introduce  
your camper to all the magic of Kindercamp!

## Start Smart Multi-Sport

**Ages: 3 – 5 years old with adult**

This is a preschool sports readiness program for children 3-5 years years old with a parent or guardian. Have fun playing with your kids!! Help your child develop basic motor skills such as throwing, catching, kicking batting and agility without the threat of competition or the fear of getting hurt. Mandatory parent meeting on Thursday,

March 11 in the Town Hall Room 3 from 6pm-7pm. If you have already attended a Start Smart parent meeting, you are excused. Due to the size of the class we ask that only registered children and one adult attend the program.

No class 4/19.

Day: Mondays

Location: CES Gym

Fee: \$35

Non-Res. Add'l: \$20

Date: March 15 - April 26

*Registration deadline 3/8*

Time: 6:00 p.m. – 7:00 p.m.

Activity # 6103.106

Time: 7:00 p.m. – 8:00 p.m.

Activity # 6103.107

## Start Smart Baseball

**3-5 years with parent.**

Play with your kids!! This program focuses on teaching children and their parents basic baseball skills such as batting, throwing, catching, and running the bases without the threat of competition or the fear of getting hurt. Mandatory Parents Meeting on Thursday, April 29th Town Hall Room 3 from 6pm-7pm. Adults only please. If you have already attended a Start Smart Parent Meeting, you are excused. Limit 20 students; Registration deadline one week before first class. There WILL be class on June 14 even though it's a half day of school. No class 5/31.

Date: Mondays, May 3 – June 14

Location: CES Gym

Fee: \$35

Non-Residents Add'l: \$20

Time: 6:00 – 7:00 p.m.

Activity # 6103.820

Time: 7:00 – 8:00 p.m.

Activity # 6103.821

## Total Tennis Pee Wee

**Ages: 4 – 6 years old**

This is a high energy, interactive program with a high emphasis on fun! Kids will learn basic skills through creative & imaginative lesson plans using the new USTA Quick Start format. This is a 6-week class. You may bring your own racquet or borrow a racquet. May 22 bring a friend day! Registration deadline 4/23

Date: Saturdays, May 1 – June 5

Time: 9:00 – 10:00 a.m.

Location: RecPlex Tennis Courts

Fee: \$72

Non-Residents Add'l: \$20

Activity # 6103.110





## April Vacation- Spring Park And Rec Kamp (SPARK)

Grades K - 5

Join the Colchester Parks & Recreation staff during school vacation week! Our week long day camp is designed to fit the needs of children and parents during April vacation. While you're not in school, spend the day having fun with friends and classmates. You'll have jam-packed days that include arts & crafts, sports activities, outdoor activities, and more! Let's celebrate the Spring season together and do something different! Drop-off is in the JJIS gym.

Registration deadline is one week prior to the start of camp. For the first time we are offering the option of registering for individual days. 3:00 pm. to 6:00 pm extended care will be offered for an additional \$10 per day. Please specify at time of registration. Please bring your lunch and snacks. **NO PEANUTS ALLOWED.** Special 3-day and 5-day discounts! Save \$5 per day when you register for 3 days and \$10 per day when you register for all 5!

Date: Monday – Friday, April 19 - April 23

Time: 8:00 am - 3:00 pm

Location: JJIS Gym

Fee: \$35.00/day \$90.00/ 3 Day \$125.00/ week  
Non-Residents additional: \$4.00/day

Activity Number: 7122.201	Monday
Activity Number: 7122.212	Tuesday
Activity Number: 7122.213	Wednesday
Activity Number: 7122.214	Thursday
Activity Number: 7122.215	Friday

### Camp Spark - Extended Care

Time: 3:00pm – 6:00pm

Location: JJIS Gym

Fee: \$10.00/day \$30.00/Week

Activity Number: 7122.311	Monday
Activity Number: 7122.312	Tuesday
Activity Number: 7122.313	Wednesday
Activity Number: 7122.314	Thursday
Activity Number: 7122.315	Friday
Activity Number: 7122.203	All Week

**DAY CAMP  
9 WEEKS!**



## Mad Science

Grades 1 & 2

### Week 1: WACKY WAVES

Create your own multidensity wave bottles while learning about water, waves and the environment. Simulate the effects of an ocean oil spill and develop creative techniques to clean it up!

### Week 2: SCIENCE OF MAGIC

Magic? No... It's science! You'll learn the secrets behind famous magic tricks that you can recreate for yourself! Mother nature has some tricks of her own, and we'd like to show you what's up her sleeve!

### Week 3: STUNT PLANES & GLIDERS

The Wright Brothers would be proud as we follow in their footsteps and learn the fundamental principles of flight. Build a "football" glider, control surfaces and your very own loop-flying stunt plane. You'll be a Top Gun after this class!

### Week 4: SUPER STRUCTURES

Discover the strengths of triangles, cylinders and arches. Learn how combinations of these shapes make for sturdy homes and skyscrapers! Use teamwork to build your own super structures as well as an earthquake-proof building!

### Week 5: "CURRENT" EVENTS

Take a tour on the electron freeway! Conductors, insulators, transistors, and other elements in the world of circuit electricity introduce themselves to you via the tingle in your fingertips and the twinkle in your eye...

### Week 6: "FUN"- DAMENTAL FORCES

Gravity... Inertia... Centripetal force... who could ever imagine that an introduction to physics could be so much fun? We'll experience these awesome forces for ourselves and build some cool devices to watch them at work!

Date: Mondays, March 29 – May 10

Time: 3:15 – 4:30 p.m.

Location: CES Classroom H28

Fee: \$83

Non-Residents Add'l: \$20

Activity # 3103.914



### Squeaky Sneakers

Grades 1 & 2

Get active and have fun after school with Mr. Levine! Join us for an enthusiastic approach to physical activity and recreation. Help your child attain their daily recommended amount of physical activity! This program will keep kids busy with lots of games and various sports. Dress appropriately, we'll be outside as much as possible! Please note this is a 6 week class. Registration deadline 4/24

Dates: Fridays, April 16 – June 4

Time: 3:15 – 4:30 p.m.

Location: CES Gym

Fee: \$49

Non-Res: \$20  
Activity # 3103.917

### Squeaky Sneakers

Kindergarten

Get active and have fun after school! Join us for an enthusiastic approach to physical activity and recreation. Help your child attain their daily recommended amount of physical activity! This program will keep kindergarteners busy with games and sports. Dress appropriately, we'll be outside as much as possible! Please note this class is 8 weeks. Please wear sneakers! Registration deadline is 4/1.

No class 4/22

Dates: Thursdays, April 8 – June 3

Time: 3:15 – 4:30 p.m.

Location: CES Gym

Fee: \$56

Non-Residents Add'l: \$20  
Activity # 3103.918

**DAY CAMP  
9 WEEKS!**



**Friday Night Lights**  
**Tennis Spring Kick Off Festival**  
**Friday, April 9th 7:30 p.m. – 9:00 p.m.**

RecPlex Tennis Courts  
Free Tennis Lessons, Fun Tennis Games  
and Activities for all ages!

Inchworm Relay, Racquet Quickness Circle,  
Partner Ball Pass etc.

NEW QUICK START NETS WILL BE USED!



### Total Tennis - After School

Grades 1 & 2

Tennis Anyone? Each class will begin with a different type of dynamic warm-up using the new USTA Quick Start format. We follow up with creative and fun coordination exercises that help balance as well as motor skill development. Following the warm-up, we will work on tennis specific drills and games that will aid in our initial goal which is to have the children rally cooperatively. Lastly and most importantly, we will discuss the value of sportsmanship and how it relates to fun! This program is for grades 1 & 2 only! You may bring your own racquet or borrow a racquet.

Dates: Tuesdays

Time: 3:15 – 4:30 p.m.

Location: CES Gym

#### Session 1:

Dates: March 23 – April 27 Registration deadline 3/16, no class 4/20

Fee: \$53

Non-Residents Add'l: \$20

Activity # 3103.915

#### Session 2:



Dates: Tuesdays, May 4 – June 1

Registration deadline 4/27

Fee: \$63

Non-Residents Add'l: \$20

Activity # 3103.916

State of Connecticut  
Department of  
Children & Families

**"WHEN A CHILD NEEDS CARE... BE THERE!"**  
FOSTER HOMES AND SPECIAL NEEDS ADOPTIVE HOMES ARE  
NEEDED FOR CHILDREN OF ALL AGES  
If you are interested in this DCF Program, Come to an  
OPEN HOUSE/INFORMATIONAL MEETING!

<b>Wednesday</b> <b>March 10, 2010</b> <b>7:00 p.m.</b> Waterford Public Library 15 Rope Ferry Rd. Waterford, CT	<b>Monday</b> <b>March 15, 2010</b> <b>7:00 p.m.</b> Colchester Town Hall 127 Norwich Ave. Colchester, CT	<b>Tuesday</b> <b>March 16, 2010</b> <b>7:00 p.m.</b> DCF 2 Courthouse Sq. Norwich, CT
<b>Monday</b> <b>March 22, 2010</b> <b>7:00 p.m.</b> Griswold Town Hall 28 Main St. Jewett City, CT	<b>Wednesday</b> <b>April 7, 2010</b> <b>7:00 p.m.</b> DCF 2 Courthouse Sq. Norwich, CT	<b>Tuesday</b> <b>April 13, 2010</b> <b>7:00 p.m.</b> Montville Youth Services Bureau 289 Norwich-NL Tpk Montville, CT

**For more information call 860-886-2641 or 1-888-KID-HERO**  
[www.ct.gov/dcf](http://www.ct.gov/dcf)





## Band Lessons

This program is available to all Colchester Band students. Lessons will be offered for flute, clarinet, saxophones, trumpets and bass guitar. If you want to make more progress than can be accomplished in group lessons, prepare for auditions and/or the JJIS Solo Ensemble concert this is for you. This session is 8 weeks. All lessons are 30 minutes and will be taught by Mr. Coyle. On line registration is NOT available for this activity. Lesson times available are 3:30 – 4:00, 4:00 – 4:30, 4:30 – 5:00. Non Res. Add'l \$20  
JJIS Music Room

Session 1:

Dates: Mondays, March 15 – May 3 Activity # 7103.107  
7 weeks \$154

Dates: Wednesdays, March 10 – April 28 Activity # 7103.108  
7 weeks \$154

Dates: Thursdays, March 11 – May 6 Activity # 7103.109  
7 weeks \$154

## Chemical Magic - Magical Microscopes - Rocks and Minerals

Ages 6-11

Learn to make batteries from fruits or potatoes. Make a fantastic crystal tree. Work with invisible ink. See the happy and sad balls. Work with our powerful magnets. Look at our prepared slides using our microscopes. Learn about the different types of rocks and minerals from our interesting rock and mineral collection. Be a chemical detective. Make glob from glue. Use paper chromatography to separate colors. Make dirty pennies turn clean and clean pennies turn green. Everything will be explained to you so you can go home having learned some interesting science. Hands-on science is the best way to learn. Do it the SCIENSATIONAL WAY.

Dates: July 26, 2010 – July 30, 2010

Time: 12:30 pm – 3:30 pm

Location: JJIS Multipurpose Room 120

Fee: \$135.00

Non-Res: \$20.00  
Activity #

## Hip-Hop Intro

Ages 8 – 13 years old

Have you always wanted to learn the cool Hip-Hop Dance moves you see in the movies and videos? Here's your chance to start from scratch. This introductory Hip-Hop Class will teach you the basic dance steps you'll need to be able to bust-a-move to all of your favorite songs. Light comfortable clothing, bare-feet or socks (or hip-hop sneakers if available.) Registration deadline 3/8 no class 4/19

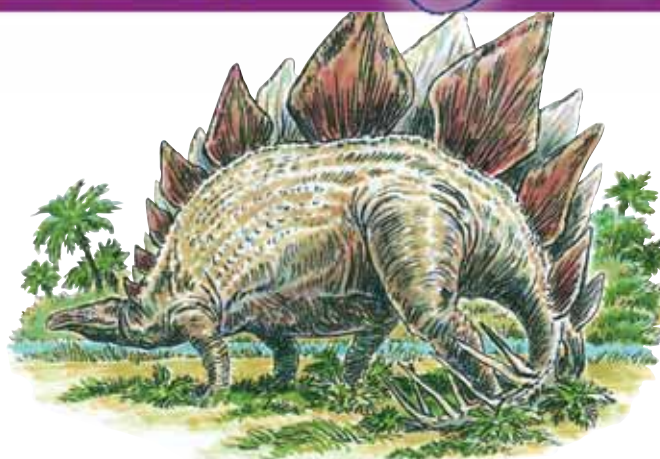
Dates: Mondays, March 15 – May 10

Time: 6:45 – 7:45 p.m.

Location: Dance Academy of Colchester

Fee: \$75

Non-Residents Add'l \$20  
Activity # 7103.124



## Can You Dig It? - Fossil hunt

Ages 6-11

Do you dig Dinosaurs? Archaeology and Paleontology seem like big words to kids. Now Sciensational Workshops for Kids makes them come alive. Each child will partake in a simulated fossil excavation, uncovering the different bones of a dinosaur. Each child will then assemble the bones to form a completed 3-dimensional dinosaur to be taken home. We will bring the excavation tools, labels and specimen bags. We will use our geological time and fossil charts. You will make a plaster fossil replica of an ammonite, Tyrannosaurus Rex tooth or choose from other molds. You'll identify 20-million year old shark's teeth and see other fossil replicas such as, a cave bear tooth, an ammonite, a Tyrannosaurus Rex tooth or a dinosaur egg etc. See and work with our rock and mineral collection. Be a rock hound and identify different rocks and minerals. See and hold our giant pumice rock specimen - it's from Mt. St. Helens. Let's grow some beautiful crystals for you to take home. Come join Sciensational Workshops for Kids. It'll be fun and educational.

Dates: July 26, 2010 – July 30, 2010

Time: 9:00 am – 12:00 pm

Location: JJIS Multipurpose Room 120

Fee: \$135.00

Non-Res: \$20.00  
Activity #

## Chemical Magic - Magical Microscopes - Rocks and Minerals

Ages 6-11

Learn to make batteries from fruits or potatoes. Make a fantastic crystal tree. Work with invisible ink. See the happy and sad balls. Work with our powerful magnets. Look at our prepared slides using our microscopes. Learn about the different types of rocks and minerals from our interesting rock and mineral collection. Be a chemical detective. Make glob from glue. Use paper chromatography to separate colors. Make dirty pennies turn clean and clean pennies turn green. Everything will be explained to you so you can go home having learned some interesting science. Hands-on science is the best way to learn. Do it the SCIENSATIONAL WAY.

Dates: July 26, 2010 – July 30, 2010

Time: 12:30 pm – 3:30 pm

Location: JJIS Multipurpose Room 120

Fee: \$135.00

Non-Res: \$20.00  
Activity #





### Skyhawks Basketball (Half Day)

**Ages: 6 – 8 yrs old**

This fun, skill-intensive program is designed with the young player in mind. Using our progressional curriculum, our basketball staff focus on the whole player, teaching your child the skills needed both on and off the court to be a better athlete. Each day will start with a “skill of the day” and progress into drills and games. After a week of passing, shooting, dribbling, and rebounding, your child will show you why this is one of our most popular programs.

- Participant-to-coach ratio: 8:1
- Gear to bring: Appropriate clothing, water bottle, sneakers, and sunscreen
- Food to bring: 2 snacks & water bottle
- Included with purchase: T-shirt and merit award

**Time:** 9:00 a.m – 12:00 pm

**Date:** Jul 26 2010 - Jul 30 2010

**Location:** WJMS Gym B

**Fee:** \$115.00

**Non-Res:** \$20.00

**Activity #** 6112.191

### Skyhawks Basketball (Full Day)

**Ages: 8 - 12**

This fun, skill-intensive program is designed with the beginning to intermediate player in mind. Using our progressional curriculum, our basketball staff focus on the whole player, teaching your child the skills needed both on and off the court to be a better athlete. Each day will start with a “skill of the day” and progress into drills and games. After a week of passing, shooting, dribbling, and rebounding, your child will show you why this is one of our most popular programs.

- Participant-to-coach ratio: 10:1
- Gear to bring: Appropriate clothing, water bottle, sneakers, and sunscreen
- Food to bring: Lunch, 2 snacks & water bottle
- Included with purchase: T-shirt and merit award

**Date:** Jul 26 2010 - Jul 30 2010

**Time:** 9:00am - 3:00pm

**Location:** WJMS Gym A

**Fee:** \$139.00

**Non-Res:** \$20.00

**Activity #** 7112.197

### S.N.A.G.-Starting New at Golf

**Ages: 5 to 8 yrs old**

Skyhawks Golf focuses on building the confidence of young athletes through proper technique and refining the essential skills of the game. Golf is a challenging and lifelong sport, so young athletes need proper focus on the fundamentals of form, swinging, putting, and body positioning. To assist in this training, Skyhawks has adopted the SNAG (Starting New At Golf) system to its curriculum. SNAG is specifically designed for the entry-level player; SNAG simplifies instruction so that young players can make an easy and effective transition onto the golf course. No need to bring your own clubs--all equipment is provided. For safety reasons we utilize special helmets for all campers and keep the instructor-to-camper ratio for this program very low, resulting in limited availability. These programs fill up quickly.

- Participant-to-coach ratio: 8:1
- Gear to bring: Appropriate clothing, water bottle, sneakers, and sunscreen
- Food to bring: 2 snacks & water bottle
- Included with purchase: T-shirt and merit award

**Date:** July 6 2010 - July 9 2010

**Time:** 9:00am-12:00pm

**Location:** WJMS Gym B

**Fee:** \$95.00

**Non-Res:** \$20.00

**Activity #** 7112.196

### Mini-Hawk (Soccer, Baseball & Basketball)

**Ages: 4-7**

This multi-sport program gives children ages 4 to 7 a positive first step into athletics. Baseball, basketball and soccer are taught in a safe, structured environment with lots of encouragement and a big focus on fun. Our Mini-Hawk games and activities were designed to allow campers to explore balance, movement, hand/eye coordination, and skill development at their own pace. Skyhawks staff are trained to handle the specific needs of young athletes.

- Participant-to-coach ratio: 8:1
- Gear to bring: Appropriate clothing, water bottle, sneakers, and sunscreen
- Food to bring: 2 snacks & water bottle
- Included with purchase: T-shirt and merit award

**Fee:** \$115.00

**Non-Res:** \$20.00

**Session 1**

**Date:** July 12 2010- July 16, 2010

**Time:** 09:00am-12:00pm

**Location:** WJMS Gym B

**Activity #** 7112.192

**Session 2**

**Date:** August 9, 2010 – August 13, 2010

**Time:** 9:00am-12:00pm

**Location:** WJMS Gym B

**Activity #** 7112.193

**DAY CAMP  
9 WEEKS!**



## Multi-Sport (Soccer, Baseball and Basketball)

**Ages: 7-12**

Our multi-sport camp is designed to introduce young athletes to a variety of different sports in one setting. For this program we combine soccer, baseball and basketball into one fun-filled week. Athletes will learn the rules & essentials of each sport through skill-based games and scrimmages. By the end of the week your child will walk away with knowledge of 3 new sports along with vital life lessons such as respect, teamwork, and self-discipline.

- Participant-to-coach ratio: 10:1
- Gear to bring: Appropriate clothing, water bottle, sneakers, and sunscreen
- Food to bring: Lunch, 2 snacks & water bottle
- Included with purchase: T-shirt and merit award

**Date:** June 28, 2010 - July 2, 2010

**Time:** 9:00am-3:00pm

**Location:** WJMS Gym B

**Fee:** \$139.00

**Non-Res:** \$20.00

**Activity #** 7112.194

## Flag Football

**Ages: 7-12**

Skyhawks flag football is the perfect program for your young athletes who want a complete introduction to America's Game or for those who simply want to brush up on their skills in preparation for league play. Through our 'skill of the day' campers will learn skills on both sides of the ball including the core components of passing, catching, and de-flagging or defensive positioning – all presented in a fun & positive environment. Recommended for beginner to intermediate athletes ages 7 to 12. The week ends with the Skyhawks Sports Bowl, giving participants a chance to showcase their skills on the gridiron!

- Participant-to-coach ratio: 14:1
- Gear to bring: Appropriate clothing, water bottle, running shoes, and sunscreen
- Food to bring: Two Snacks & Water Bottle
- Included with purchase: T-shirt and merit award.

**Date:** July 12- July 16

**Time:** 9:00 am – 12:00 pm

**Location:** WJMS Gym A

**Fee:** \$ 115.00

**Non-Res:** \$20.00

**Activity #** 7112.191



## Skateboarding

**Ages: 7-12**

Learn basic skateboarding skills with an emphasis on balance, pushing the board, kick turns, maneuvering, and manual. Participants will be able to show off their skills at an end-of-the-week showcase. Campers will progress as they accomplish skills. Camp will be directed by instructors from Skyhawks Sports Academy.

\*Camp will run Monday-Thursday with Friday as a rain back-up, if needed.

- Participant-to-coach ratio: 14:1
- Gear to bring: Skateboard, Helmet/Wrist/Elbow pads, Appropriate clothing, Two Snacks, Water Bottle, Running Shoes and Sunscreen.
- Food to bring: Two Snacks & Water Bottle
- Included with purchase: T-shirt and merit award.

**Date:** July 19 2010 – July 22, 2010

**Time:** 9:00am-12:00pm

**Location:** RecPlex Skate Park

**Fee:** \$95.00

**Non-Res:** \$20.00

**Activity #** 7112.195

## Taekwondo Introduction

**Ages 4 – 11 years Old**

The Colchester Chung Do Kwan Academy is offering an introductory program in Taekwondo. This program is offered to anyone ages 4-11! Students will receive the basic knowledge of Taekwondo as well as physical fitness training. This is a great activity for children because it helps increase focus, concentration and discipline. This is a one-month program that offers a very flexible training schedule. You are welcome to train during any and all class times that are open to beginners.. Come and try out this exciting and challenging sport! The registration fee includes a free uniform! You may only participate in this program once.

**Class Times:** Monday & Wednesday 5:30-6:30 PM;

**Class Times:** Tuesday & Thursday -6:00-7:00 PM

**Fee:** \$50

**April:** Activity # 7103.907

**May:** Activity # 7103.908

**Non-Residents Add'l** \$20

Registration deadline is 3/25

Registration deadline 4/25

**What is Quick Start Tennis?** Quick Start Tennis is a new format to help kids ten and under learn and play the game. To make it easier for them, a few things have been changed. The court sizes. The racquet sizes. The balls. The scoring system. Even the net height. Now any child between ages five and ten can start playing tennis almost immediately-even if he or she has never picked up a racquet before. Like other popular youth sports, Quick Start stresses the importance of play and team competition. It's also now part of the USTA Jr. Team Tennis league, which means that even more kids will have the opportunity to experience this new format, have fun playing with their friends and develop skills that will become the foundation of their game.

### **Total Tennis Beginner /Advanced Beginner**

Ages 7 – 17 years old

This program is designed for those kids who are new to the game or have very little experience. During the different sessions we focus on basic skills such as movement, proper grips & stroke production using the USTA's Quick Start wherever appropriate. You may bring your own racquet or borrow a racquet. May 22 bring a friend day!

Registration deadline is 4/23. 6 weeks

Date: Saturdays, May 1 – June 5

Time: 10:15 – 11:30 a.m.

Location: RecPlex Tennis Courts

Fee: \$108.

Non-Residents Add'l: \$20

Activity # 7103.119

### **Total Tennis - Low Intermediate/Intermediate**

Ages 7 – 17 years old

This program is for the individual who have basic rally & competitive skills. The course is designed to introduce spins, advance footwork, serve, placement & strategy. You may bring your own racquet or borrow a racquet. May 22 bring a friend day! Registration deadline 4/23

6 weeks

Date: Saturdays, May 1 – June 5

Time: 11:45 a.m. – 1:00 p.m.

Location: RecPlex Tennis Courts

Fee: \$79

Non-Residents Add'l: \$20

Activity # 7103.118

### **April Vacation Total Tennis Camp**

April 19th – 22nd

Ages 4 – 17 yrs old

Get out and have some fun during April Vacation week! Participants will be grouped by age and experience level using the USTA's Quick Start where appropriate. We start each day with a warm-up consisting of footwork drills & dynamic stretching. The lesson plans will be designed to accommodate all levels of play. Game based lesson plans will be incorporated based on player experience. Overall, the goal is to teach tennis as a life time sort in a fun and active environment. Registration is \$24 PER DAY so please specify which days you will be enrolling in. Additional days must be added by Monday, April 19th at 4:00pm. You may bring your own racquet or borrow a racquet.

Location: Bacon Academy Tennis Courts

Time: 9:00 a.m. – 11:30 a.m.

Day: Monday, 4/19

Activity # 7103.120

Day: Tuesday, 4/20

Activity # 7103.121

Day: Wednesday, 4/21

Activity # 7103.122

Day: Thursday, 4/22

Activity # 7103.123

Fee: \$24 per day Non-Residents additional: \$20 per day



### **Friday Night Lights Tennis Spring Kick Off Festival Friday, April 9th 7:30 p.m. – 9:00 p.m.**

RecPlex Tennis Courts

Free Tennis Lessons, Fun Tennis Games  
and Activities for all ages!

Inchworm Relay, Racquet Quickness Circle,  
Partner Ball Pass etc.

NEW QUICK START NETS WILL BE USED!







## CELEBRATING 5 YEARS OF REC'ing CREW!

### Daily Teen Activities & Trips

For kids entering Grades 7 - 10

Pick up/drop off Colchester RecPlex 9am - 4pm

9 Weeks; Tues., Wed. & Thurs, June 21st - August 19th

Each week is a different session, so please register for weeks individually.

Note: signed waivers are required for each week.

EACH WEEK \$175 FOR ALL 3 DAYS;

NON-RESIDENTS WELCOME! ADD'L \$20 PER WEEK

(Extended Care is available at no charge)

Nothing to do this summer?

Not anymore!!

We have your summer jammed with fun!

This adventure program will give youth the opportunity to see and experience different daily activities while providing a positive environment! This program needs a minimum of 15 registered participants each week.

**Join the CREW!** Here's a sampling of the places we'll go, the things we'll do... Winding Trails, Browstone Quarry, Rock Climbing, Archery, Whirley Ball, Surfing, Six Flags, Lake Compunce, Beaches, Pools, Trampoline Place etc...

**Rainy day plan will be announced on the Parks & Recreation voice mail at 537-7297.**

**Rainy day pick up/drop off is Jack Jackter Intermediate School Gym Ramp Entrance. Rainy day plans include Movies, Bowling, Skating or Nomad's Adventure Quest!**



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## Ballroom Dancing-Beginner

**Ages 18 years & Older**

Here is your chance to be able to get out and dance no matter what song is playing. This class will teach you two basic steps in 10 different dances, so you can get out on the dance floor! It will also teach you how to determine what type of dance to do to the song that is playing. Final class of the session will be a practice party to get you ready to dance in public! Participants may wear comfortable clothing. Ballroom shoes or dance shoes are preferred (can be pre ordered through The Dance Academy of Colchester 537-3888). Students may also wear socks. In order to protect the studio floor, no street shoes are permitted.

**Day:** Fridays

6:30 – 7:30 p.m.

**Location:** Dance Academy of Colchester

**Fee:** \$75

**Non-Residents Add'l. \$20**

**Session 1:** March 19 – April 23

**Activity # 4103.115**

*Registration deadline 3/12*

**Session 2:** April 30 – June 11

**Activity # 4103.116**

*Registration deadline 4/23*

## Basic Dog Obedience

**18 yrs & Older**

This 7 week class is designed to create a deeper dog-owner bond, address some behavior issues and help owners understand how their canines communicate. Six basic obedience commands will be covered: come, heel, sit, down, stay & stand as well as temperament type. This class is appropriate for dogs eight months and older. The first class is for **OWNERS ONLY** and will enlighten you as to what to expect from this class. Enrollment will be finalized with a brief phone consultation with the trainer before the first class. Please bring a chair to the first class and wear comfortable clothes and footwear.

**Day:** Tuesdays

6:00 – 7:00 p.m.

**Location:** Town Green

**Fee:** \$100

**Non-Residents \$20**

**Session 1:** April 6 - May 18

**Activity # 4103.911**

*Registration deadline 4/11*

**Session 2:** May 26 - July 7

**Activity # 4103.912**

*Registration deadline 5/19*

## Cardio Kick with a Twist

**Ages: 16 +**

Start with Cardio Kick class to boost the metabolism; Kicking, jabbing and squatting and combining it all together!! (Modified movements if needed) Join the second class and burn additional calories by using light weights (3lb-5lb). Adding sets and using creative movements with light weights you are able to get that burn to strengthen those muscles!! Strong muscles burn calories around the clock!!! Both Classes include 2 different Explosive Abdominal Routines You're bound to see the results for the whole body with in 6 weeks!!! Both classes require you to bring a water bottle or juice/matt and a towel to wipe the sweat!!!!!!

\*3 lb weights (5lb optional) needed for the 7pm class

**Day/Time:** Wednesdays 6:00pm-07:00pm

**Location:** WJMS Café A

**Date:** Mar 31 2010 - Jun 02 2010

**Fee:** \$28.00

**Non-Res: \$20.00**

**Activity # 4122.106**

## Beginner Pilates

**Ages 18 yrs & Older**

Let's get to work! This beginner pilates class will strengthen core abdominal muscles through basic Pilates techniques. Get those long lean muscles you've always wanted. The body of a dancer without all those hours of training. Participant may bring their own mat. Please wear comfortable light clothing and bare feet or socks. No class 4/20.

**Location:** Dance Academy of Colchester

**Fee:** \$75

**Non-Residents Add'l \$20**

**Date/Time:** Tuesdays, 6:30 – 7:30 p.m., March 16 – May 11

*Registration deadline 3/9.*

**Activity # 4103.117**

**Date/Time:** Fridays, 9:30 – 10:30 a.m., March 19 – May 21

*Registration deadline 3/12 no class 4/2*

**Activity # 4103.118**

Join us for our  
**Kindercamp Open House**  
on Thursday, April 29th at 5:00 p.m.  
under the Pavilion at the RecPlex.

Meet the amazing Kindercamp staff and introduce  
your camper to all the magic of Kindercamp!



**Friday Night Lights**  
**Tennis Spring Kick Off Festival**  
**Friday, April 9th 7:30 p.m. – 9:00 p.m.**

RecPlex Tennis Courts

Free Tennis Lessons, Fun Tennis Games  
and Activities for all ages!

Inchworm Relay, Racquet Quickness Circle,  
Partner Ball Pass etc.

**NEW QUICK START NETS WILL BE USED!**





## Men's League Basketball

**Ages: 18+**

Come and play in Colchester Parks and Recreation's first annual Men's Basketball league. Get together a group of your best guys and come compete against the best Colchester has to offer. This is a 5 on 5 league. Each team is guaranteed seven regular season games and one playoff game. Games will be played on Wednesday and Thursday nights. Cost per team is \$425 plus \$15 for every non resident. But if you sign up before March 1st you will save \$50. That's right sign up by March 1st and only pay \$375 for team. Cost includes an official team t-shirt for up to 10 team members. Must sign up by March 22nd to get t-shirts in time for first week of games.

**Day/Time:** Wednesdays and Thursdays 7:00 – 9:00 pm

**Date:** Apr 07 2010 - Jun 10 2010

**Fee:** Before March 1st \$375.00. After March 1st \$425

**Activity #** 4122.501

## Safe Boating & PWC Course

United States Coast Guard, State of Connecticut and National Association of State Boating Law Administrators (NASBLA) approved course. Required for all registered vessels in state of CT. For more information on if you need to take this course, go to [www.dep.state.ct.us](http://www.dep.state.ct.us). All books/materials will be provided.

**Day/Time:** Saturday, 8:00 a.m. – 4:00 p.m.

**Location:** Colchester Town Hall

**Date:** March 13

**Fee:** \$60

**Activity #** 4103.119

**Non-Residents Add'l:** \$20

## Taekwondo Intro April

**Ages 11 & Older**

The Colchester Chung Do Kwan Academy is offering an introductory program in Taekwondo. This program is offered to anyone ages 11 years old and up! This is a perfect family class! These Taekwondo classes will teach basic knowledge of Taekwondo as well as helping to increase flexibility and physical fitness. This is a one-month, new student, program that offers a very flexible training schedule. You are welcome to train during any and all class times that are open for your age. Come and try out this exciting and challenging sport! and the registration fee includes a free uniform! You may only participate in this program once.

**Class Times:** Monday & Wednesday: 6:30-8:00 PM;

**Day/Time:** Tuesday & Thursday: 7:00-8:30 PM

**Location:** Colchester Chung Do Kwan Academy

**Fee:** \$50

**Non-Residents Add'l:** \$20.00

**April:** **Activity #** 4103.913

*Registration deadline 3/25*

**May:** **Activity #** 4103.914

*Registration deadline 4/25*

## Yoga Moderate

**Ages 16 years old & Older with Parent**

This class is great for all levels of yoga practice! Learn pranayama (breathing practice) along with yoga postures to improve your strength, flexibility and relaxation. Beginners are welcome as modifications will be given and alignment of posture will be emphasized. Take some time from your busy week to release tension and stress! (Wear loose clothing and bring a yoga mat) Ages 16 and older are welcome to participate with a parent.

**Day/Time:** Thursdays, 6:00 – 7:15 p.m.

**Location:** JJIS Café (Use Night Entrance)

**Fee:** \$75

**Non-Residents Add'l:** \$20

**Date:** March 18 – April 29

**Activity #** 4103.113

**Registration deadline** 3/11 No class 4/22

**Date:** May 6 – June 10

**Activity #** 4103.114

*Registration deadline 4/29*



**Zumba**

**Ages 13 & Older with Parent**

Zumba eliminates the “work” from “working out” by combining irresistible Latin & International music with dynamic, yet simple exercise moves to create a fun dynamic fitness program. Zumba utilizes the principles of fitness interval training and resistance training to maximize calorie output, fat burning and total body toning. This Latin-based group exercise class is fun and easy to do. No dance experience required!. Ages 13 & up welcome to participate with a registered adult.

**Location:** JJIS Multi Purpose Room 79

**Day/Time:** Tuesdays 6:30 – 7:30 p.m.

**Date:** April 27 – June 1

**Activity #** 4103.111

*Registration deadline 4/20*

**Fee:** \$24

**Non-Residents Add'l:** \$20

**Register for Tuesdays, Thursdays or both days!**

**Day/Time:** Thursdays 6:30 – 7:30 p.m.

**Date:** April 29 – June 3

**Activity #** 4103.112

*Registration deadline 4/21*

**Fee:** \$24

**Non-Residents Add'l:** \$20



## NY Yankee Stadium Tour and NBC Studios Tour

*Ages: All Ages*

Tour the famous "New" Yankee Stadium and enjoy walking these hallowed grounds. Sit in the dugouts, enter the clubhouse of the Yankees, walk through the batting cages, monument park, and end the tour in the great hall.

\*Tour is subject to change at the discretion of the NY Yankees.

\*This is a fast-paced walking tour.

- Free time in Time Square the crossroads of the world. Time to shop & eat: (suggestions) go for a ride at Toys R Us indoor Ferris wheel, stop at M&M's world, get a bite at The Hard Rock Café or Planet Holly Wood. You might want to see a star at Madame Tussauds Wax Museum or see a game at the ESPN Zone.....
- Exciting Guided Tour of NBC Studios at Rockefeller Center. An NBC Page guides to the world of the Peacock Network. 1st stop begins in the early days of radio with amazing sound effects. See current famous high tech studios as the Today Show, Dateline NBC, Nightly News & Saturday Night Live.... What a way to end your day!

**Departure Date:** May ?

*Specific date to be announced in future*

**Departure Time:** TBA

**Fee:** \$86.00

## Boston On Your Own

*All Ages*

It's the ride of your life aboard the Duck – an amphibious vehicle that rides on land and becomes a boat in the water. Enjoy a narrated tour by your conDUCKtor. See the gold domed State House, Old North Church, Newbury Street, Back Bay, Trinity Church, Cheers Bar, lovely gardens and all the interesting sites Boston has to offer. Then splash down right into the Charles River for a breathtaking waterside view of Boston. There will be time on your own for shopping and dining at Quincy Market after the tour.

**Date (s):** Saturday, September 11, 2010

**Departs From:** East Hampton Parks and Recreation

**Departure Time:** TBA Estimated Arrival Time: TBA

**Fee:** \$75

## Boston Red Sox Game

*All Ages*

**Date (s):** Sunday, September 5, 2010

**Departs From:** East Hampton Parks and Recreation

**Departure Time:** 3:15PM.

**Estimated Arrival Time:** 5:00PM

**Time of Event if applicable:** 7:05 pm. (subject to change)

**Fee:** \$130/ person

## Pumpkin Festival

*All ages*

Celebrate Halloween early!! On Saturday October 2nd, 2010 join us on a bus trip to the pumpkin capital of New England, Keene, N.H.

While in Keene, you will get to see over 19,000 hand-carved and decorated creations. The entire family can spend the day downtown with special activities for the kids including a costume parade, a seed spitting and pie eating contests, live music on three stages, facepainting, craft booths, lots of food provided by area non-profits, and much more.

**Date (s):** Saturday, October 2nd, 2010

**Departs From:** Hebron Town Hall

**Departure Time:** 8am Estimated Arrival Time: 10:15am

**Fee:** TBA

## Providence WaterFire

*All ages*

WaterFire centers on a series of 100 bonfires that blaze just above the surface of the three rivers that pass through the middle of downtown Providence. The string of fires illuminates nearly two-thirds of a mile of urban public spaces and parks, and residents and visitors gather to stroll along the river. WaterFire is an experience that surrounds viewers on all sides and impacts all five senses. The crackling flames, the fragrant scent of blazing cedar and pine, the flickering firelight on the arched bridges, the silhouettes of the firetenders floating by in their torch-lit vessels, and the extraordinary music from all around the world engage all of the senses and evoke unique emotions from the many who come to stroll along the river walks.

**Date (s):** Saturday, August 7th, 2010

**Departs From:** Hebron Town Hall

**Departure Time:** 8:00am

**Fee:** TBA



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## Noshing thru Manhattan

All Ages

New York City is famous for its food from around the world. Throughout this guided tour, you will taste a variety of ethnic foods and enjoy sightseeing in Hell's Kitchen, Little Italy, Chinatown, Greenwich Village and the Lower East Side (stops may vary). The tastings will be served on and off the coach and are enough for lunch. Sample stops may include: Russ & Daughters Appetizing, Rocco's Pastry, and Faicco's Pork Store.

Date (s): June 12, 2010

Departs From: Marlborough Town Hall, 26 North Main Street

Departure Time: 8:00 am

Return ETA: 6:00 pm Marlborough

Fee: \$94.00

## New York City and King Tut Exhibit

All Ages

Depart from Colchester en route to New York City. Upon arrival to the city, enjoy lunch on your own in the Times Square area.

After lunch, you will be transported to the brand new Discovery Times Square Exposition Center. Here, after 30 years, the greatest exhibition of all time returns to New York City- Tutankhamun: The Golden Age of the Pharaohs! The exhibition features 50 objects from the tomb of Tutankhamun including the gold sandals that adorned the mummy's feet and a beautifully adorned canopic jar that mummified his internal organs. In addition to the treasures from the tomb of Tutankhamun, 80 ancient artifacts are featured, which highlight many of the most significant rulers of ancient Egypt such as Khefren, whose great pyramid is the only remaining structure of the seven wonders of the ancient world and Hatshepsut, the queen who became king. You will also receive an audio tour wand to enhance your experience with the exhibit. Join us for this golden day.

Dates: July 18, 2010

Departs From: Colchester Town Hall

Departure Time: TBA

Fee: \$105.00/Adult \$90.00 / Child



## Tanglewood, Lenox, MA Boston Symphony Orchestra Concert

*Sponsored by and proceeds support the Colchester Civic Orchestra*

Ages 6+

Tanglewood is the summer home of the world renowned Boston Symphony Orchestra. Nestled in the stunning Berkshire Mountains of Lenox, MA, Tanglewood is the ideal setting to listen to live music. This trip departs from Colchester and, upon arrival at Tanglewood, you will have ample opportunity to explore the grounds and picnic on your own (plan to bring your lawn chairs/picnic blanket and your own picnic lunch, or purchase lunch from Tanglewood concessions). The concert begins at 2:30 pm, and your trip includes a seat under Koussevitsky Music Shed, where you'll enjoy the music of George Gershwin, Gunther Schuller, and Leonard Bernstein. Under the direction of conductor Robert Spano, the BSO will perform Gershwin's American in Paris and Piano Concerto, Schuller's Seven Studies on Themes of Paul Klee, and Bernstein's Prelude, Fugue, and Riffs, for clarinet and jazz ensemble. Tanglewood has a variety of offerings for visitors from lawn chair rental to children's programs before the concert. Visit <http://www.bso.org> more information to customize your experience! There are a limited number of tickets available so be sure to reserve your spot now.

Date: August 15, 2010

Departs From: Colchester Town Hall

Departure Time: 9:00 AM

Return Time: Will depart immediately following concert. ETA in Colchester 7:00 pm

Fee: \$65/person (Includes concert ticket and bus transport—Colchester P&R not responsible for availability of services reserved through the BSO website)

## Tennis Trips! NEW

Information on bus trip dates which will include tickets will be announced when final details become available.

The 2010 US Open Tennis Championships  
August 30th, - September 12th, 2010  
Arthur Ashe Stadium in Corona, NY.

The 2010 Pilot Pen Championships  
August 23rd - August 29th, 2010  
CT Tennis Center at Yale, New Haven, CT



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## Town Recreation Facilities

Maps and complete information are available on the Parks and Recreation section of the Town web site:

[www.colchesterct.gov/parks](http://www.colchesterct.gov/parks)

### Day Pond State Park

Located off Westchester Road, the park offers well-marked scenic hiking trails leading to old foundations, extinct bridges, and the Salmon River.

Remains of an old mill are at the west end of the pond. A sandy beach offers swimming. Picnic areas are spread throughout the park.

### Salmon River State Park

Located off Route 16, the park boasts the beautiful Comstock Covered Bridge, plenty of picnic areas along the Salmon River, hiking trails and fishing.

### Chanticlair Golf Course

Located on Old Hebron Road, it is a privately-operated nine-hole public golf course with an adjacent driving range.

Town of Colchester Recreation Complex Located on Old Hebron Road, this park offers softball and baseball fields, tennis courts, basketball courts, soccer fields, horseshoes, walking trails, playscapes, picnic pavilion, skate park, spray park, wireless internet and more.

### Schuster Park

Located off Mill Hill Road, it is operated by the Colchester Fire Department and offers picnic shelters.

### Lions Club Skating Pond

Located on Halls Hill Road, it is open to the public and offers a concession stand and picnic areas.

### Ruby and Elizabeth Cohen Woodlands

121 acres of open space located on McDonald Road. The land includes a pond, marshland, trails, picnic areas and a gazebo.

### Colchester Spur

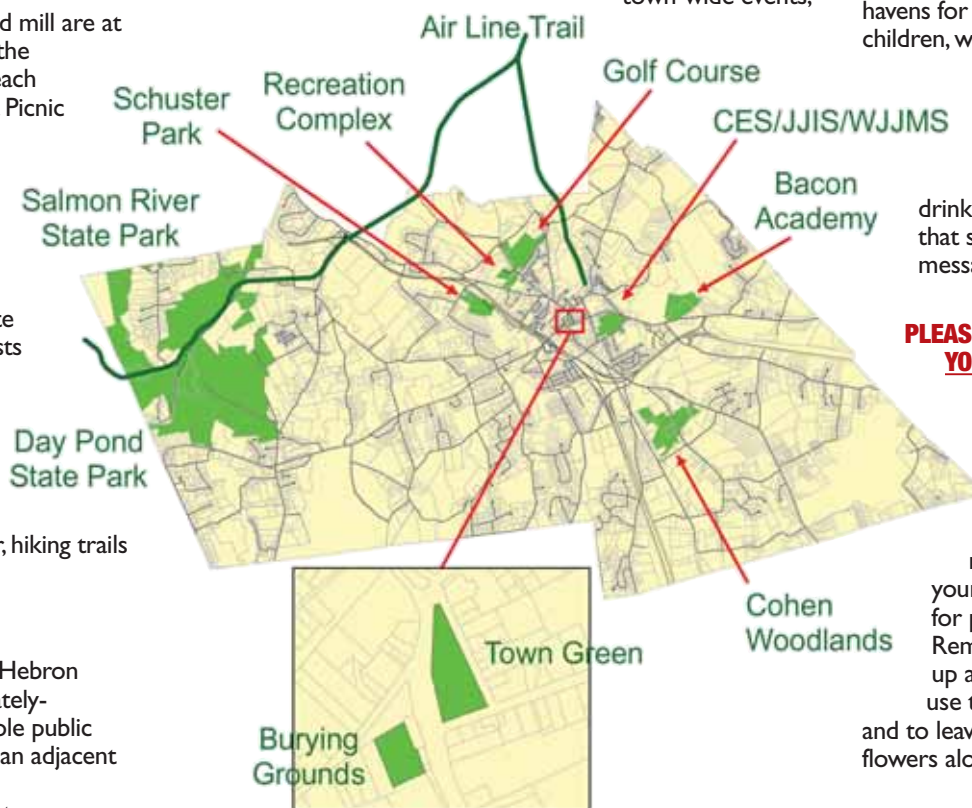
Extending south from the Air Line Trail in Hebron is a town-owned trail that terminates by the old train depot on Lebanon Avenue in Colchester.

### School Grounds

At the many schools in town are playgrounds and sports fields that are open to public use during non-school hours.

### Town Green

Host to many town-wide events,



### Air Line Trail State Park

Approximately seven miles of the old Airline Rail Trail runs through Colchester and is an excellent area for hiking and biking, as well as cross country skiing and snowshoeing in the winter months. Parking is available at the Commuter Lot by Exit 16 off of Route 2, on Bull Hill Road, and at the Salmon River State Forest off of River Road.

such as carnivals and art shows, it is also home to a large gazebo and a softball field.

### Facility Reservation Process

Group use of Colchester park facilities, school ballfields and gyms, and the Town Green must be coordinated through the Parks and Recreation Office. Permit applications are

available upon request and on the Town web site. Insurance certificates and rental fees may be required.

### SMOKING AND ALCOHOL PROHIBITED IN PARK

Please remember that smoking, alcohol and other narcotics are prohibited in the park, as well as on school premises. There are many reasons for these rules, not the least of which is that the Town and the Board of Education wish to have safe havens for our community's children, where they can

learn healthy behaviors. When they see athletes and other adult role models

drinking and smoking, that sends the wrong message to our kids.

### PLEASE RESPECT YOUR PROPERTY

This is your park. It's just like your very own back yard. Please take a

moment to teach your children respect for public property. Remind them to pick up after themselves, use trash containers,

and to leave trees and flowers alone for all to enjoy.

### PLEASE! DOGS MUST BE LEASHED!

Town ordinance requires dogs to be leashed on public property, including town parks. Also, please clean up after your dog. People (especially children) are playing everywhere! This is unhealthy and inconsiderate. Please don't give the majority of dog owners & dog lovers a bad reputation.





## Playscape Safety

Did you know that the older kids' playscape units are designed for bigger sized hands to grasp, bigger legs & stronger muscles? Children under 6 are not developmentally ready for these activities and could get hurt. They could also collide with a larger child.

Please let common sense decide what's safe, not the kids. Adult supervision is best.

## Fall Facility Work Update

For the benefit of the community, we will be providing a seasonal update of the many significant repairs and improvements, beyond routine and seasonal maintenance, that have taken place in our parks and school grounds. For more information about any of these items, please contact the Director of Parks & Recreation.

### Completed projects:

- WJMS courtyard reconstructed
- Partner with Garden Club on stone path at Senior Butterfly Garden
- Repair cracks at Bacon Academy tennis courts
- Repair sidewalks at schools

## Lightning Safety

According to the National Lightning Safety Institute, the following precautions should be taken when outdoors and lightning or thunder is first seen or heard:

- Avoid water.
- Avoid the high ground.
- Avoid open spaces.
- Avoid all metal objects including electric wires, fences, machinery, motors, power tools, etc.
- Unsafe places include underneath canopies, small picnic or rain shelters, or near trees.
- Where possible, find shelter in a substantial building or in a fully enclosed metal vehicle such as a car, truck or a van with the windows completely shut.
- If lightning is striking nearby when you are outside, you should:
  - Crouch down. Put feet together. Place hands over ears to minimize hearing damage from thunder.
  - Avoid proximity (minimum of 15 ft.) to other people.
  - Suspend activity for 30 minutes after the last observed lightning or thunder.

## TOP 5 SIGNS THAT FIELDS ARE UNSAFE TO PLAY

1. Fields have standing puddles of water
2. Footing is unsure or slippery
3. Ground is water logged & squishy
4. Grass is easily pulled out of ground
5. Lightning or Severe Weather Storms

When games are played under these conditions, it can often cause irreversible damage to the field. It takes months, sometimes years, for the field to recover. It is also unsafe, causing pulled muscles due to slips & strains.



## Pavilion Rentals

*Looking for a great place to hold a birthday party, family reunion or other gathering? How about our Pavilion at the Recreation Complex!*

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**Colchester Residents - \$25/4 hrs; \$50/8 hrs**  
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The reservation form and policies are available on our web site at:  
[www.colchesterct.gov/parks](http://www.colchesterct.gov/parks)

Pavilion amenities include up to 12 picnic tables, and 2 charcoal grills. Pavilion renters, like all park goers, may make use of any of the other facilities in the park, as available, including:  
**Spraypark, Skatepark & Playscapes**

Learn more about the Recreation Complex at:  
[www.colchesterct.gov/parks](http://www.colchesterct.gov/parks)

**Note:** Reservations are not required for pavilion use - anyone may use it if it is open. However, a reservation, along with a permit from Parks & Recreation, will guarantee its availability. If a group shows up with a reservation permit, it must be vacated. A calendar of reservations is posted weekly on the board behind the backstop of R1.

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**www.colchesterct.gov • email: csc@colchesterct.gov • Ph (860) 537-3911 • Fax (860) 537-5574**

The Colchester Senior Center serves as a vital resource for the entire community for information on aging, and related issues, including support for caregivers and family members. Information and referral services are provided on housing, health care and other benefit and entitlement programs, as well as assistance with filing medical insurance paperwork, energy assistance, renters rebate and food stamp referrals.

The Center provides preventative health activities including hearing, blood pressure and skin cancer clinics, exercise classes, chair yoga, Tai Chi, and support group activities for individuals and their family members dealing with a chronic disease. The Making Memories Program is grant funded and offers focused programming for individuals living with memory loss or cognitive impairments.

Recreational activities include: Bridge, Pinochle, Cribbage, Wii Fitness games, Bingo, art and craft classes, and an array of other card/board game activities. The center also has a renowned singing group, an intergenerational gardening program, as well as organized volunteer activities to help local hospitals, town government and the business community.

The center houses a congregate meals program as well as a Meals on Wheels program which is offered to homebound elderly residents. Transportation is offered daily, providing rides to and from the center, medical appointments and shopping destinations throughout the region.

### **ACTIVITIES HIGHLIGHTS:**

**ST. PATRICK DAY CELEBRATION:** - Celebrate St. Patrick's Day at the Senior Center on March 16th and enjoy a traditional corned beef and cabbage meal catered by TVCCA. Join the fun and enjoy music and Irish jokes for all. Cost: \$4.50.

**TVCCA MEALS-** New fresh prep meals are now being offered at the center on Tuesdays and Thursdays. Recommended donation is \$2.50 for individuals 60 years old. (Follow the Busy Bee for menu options).

**TAX ASSISTANCE PROVIDED:** For low to middle income households tax assistance will be provided through April 15. Taxes are done by trained AARP Volunteers. Dates and times: March 3rd, 10th and 17th from 10:30 to 1:30- April 6th and 14th from 10:30 to 1:30. Contact Donna to schedule an appointment.

**GREEN TEAM GARDEN PROGRAM SPRING START UP-** We cultivate flower, vegetable and herb gardens. Senior citizens, Master Gardeners and children from Youth Services volunteer and learn about gardening together! New participants are welcome! If you are interested in joining this fun group call the senior center to volunteer for this rewarding program. For gathering dates and more details contact Priscilla.

**MAY IS OLDER AMERICANS MONTH-** This year's theme is "Age Strong! Live Long!" which recognizes the diversity and vitality of today's older Americans. They are living longer and are more active than ever before. Pick up our newsletter to view the special programming as we celebrate senior citizens together!

### **REGULAR ACTIVITIES:**

**CRAFTS-** Crafters come in and enjoy our new craft ideas on Tuesdays in February from 10:30 to 11:45.

**GOLDEN GLOW-** will resume singing group practice on Monday mornings at 10:30.

**CRIBBAGE-** Friday afternoons at 1:00 starting on January 12th.

**WII SPORTS-** Come in and try our Wii sport games on Tuesday mornings at 11:00 (note time change). The new games include badminton, racing, curling and snowboarding to name a few. This program will be group lead on the 9th and 16th.

**WII BOWLING-** Thursdays from 9:00-10:30.

**LINE DANCING -** Thursdays at 1:30. Learn line dance steps and enjoy this fun group!

**DUST BUSTERS-** Bring in up to five items (dust collectors) to the center on Monday, February 8th from 9:30 -10:30. Go home with a new treasure! Call Priscilla for details.

**CARD GAMES-** the Colchester Senior Center and its participants welcome new players.

Partners not required for card games.

**Setback-** Mon. at 12:45

**Phase 10-** Weds. at 12:30

**Pinochle-** Tues. at 12:45

**Bridge-** Wed. at 12:45

**Cribbage-** Fridays at 1:00

**BINGO-** every Friday at 10:00. We have two groups of play. The group that meets in the craft room plays with many cards; the group that meets in the senior center library plays with fewer cards. Join the game of your choice!

### **ONGOING PROGRAMS:**

**LOW VISION SUPPORT GROUP-** meets at the senior center on the third Thursday of the month at 10:30. Come and learn new vision techniques from guest speakers and enjoy the camaraderie of others with all levels of vision impairment. Sponsored by the Colchester Lions and the Colchester Senior Center.



**FREE HEARING CLINIC-** on the second Wednesday of the month from 9:30-12 by appointment. Hearing screenings, a hearing aid maintenance service and ear wax inspection is available from Bob Sawyer, Board Certified in Hearing Instrument Sciences by the International Hearing Society and a CT licensed hearing instrument specialist and dispenser for nearly 20 years.

**Blood Pressure Screening-** on the second Monday of the month from 10:30-12:00 at the senior center.

**Retired Senior Volunteer Program- "RSVP"-** the group meets on Wednesdays at 10:15. Join us to work on volunteer projects for local hospitals, nursing homes and non-profit organizations.

## HEALTH AND WELLNESS PROGRAMS

**TAI CHI STYLE EXERCISE-** on Tuesdays at 10:00. Please note that we have changed the time. (This program is group lead with Tai Chi style movement.) Find the mind/body connection while gaining core strength.

**EXERCISE CLASSES-** The exercise programs are offered on Tuesdays and Thursdays at 9:00 with a certified instructor. At this time we will offer classes at a cost of \$3.00 per class or at a discounted rate of \$2.00 per class if you pay by the month. Payment for February will need to be paid by Friday, February 5th.

**LIVE WELL WORKSHOP-** Call now to sign up for "The Live Well Workshop". This is a seven-week workshop for adults 55 and over, living with a chronic condition such as high blood pressure, arthritis, diabetes, depression and other health conditions, or care giving for a loved one with a chronic condition. In this workshop you will learn techniques to get some relief and live a better quality of life. Learn to feel more in control and build your self-confidence.

There is a \$5 fee for this workshop collected at sign up. This evidence-based program (as featured in this month's AARP Magazine) was researched and created at Stanford University. The Connecticut Department of Social Services Aging Division along with the Department of Public Health is able to provide this program through the U. S. Administration on Aging. We encourage you to participate in this program and take charge of your life and Live it Well! Please call Priscilla at 537-3911 to register.

**Making Memories" Program- "MAKING MEMORIES" Program-** We are now offering a Recreational Therapy program for individuals (and their caregivers) facing early signs of memory loss and/or impaired cognitive functioning. This program is supported by the Senior Resources -Agency on Aging with Title III funds made available under the Older Americans Act. Additional funding for the program is made possible by the Brookdale Foundation. For more information about the program contact Patti White.

**BENEFITS CHECK UP -** A counselor from Senior Resources in Norwich will come to the center each month on the third and fourth Wednesday mornings (from 9-12) to assist seniors with finding programs and benefits that may help pay for some of their expenses. Learn about all the benefits that a senior may be eligible for. The counselor will help you find and enroll in federal, state, local and private programs that help pay for prescription drugs, utility bills, meals, health care and other needs. All appointments are confidential. To set up an appointment contact Donna.

## MEETINGS:

**SENIOR CENTER STUDY GROUP-** The Colchester Board of Selectmen recently voted to create a Senior Center Study Group to explore options for a recommended course of action on the development of a stand alone senior center or a combined community/senior center in Colchester. This group meets on the second Thursday of the month at 5:30.

**SENIOR CENTER GROUP MONTHLY MEETING:** Join us each month on the second Friday of the month at 12:30 to discuss ways to improve and support the activities of the center. All are welcome!

**AARP Chapter # 4019-** Meetings are held at the senior center on the first Tuesdays of the month at 1:30.

**COMMISSION ON AGING MEETING -** Members will meet on the second Monday of the month at 1:00 at the senior center.

**ENERGY ASSISTANCE:** The CT Emergency Assistance Program is designed to help offset the winter heating costs of CT's lower income households. You will need financial information for 2009. Call Donna (537-3911) for details or to schedule an appointment.





## TRAVEL:

*Payments are being taken for these trip.*

*Call the Colchester Senior Center for additional information (537-3911).*

**BRANSON MUSICAL GETAWAY-** September 24-29, 2010- Enjoy an array of spectacular shows on your getaway to the mid-west's entertainment capital, Branson, Missouri. Trip includes airfare, hotels and travel insurance and 8 meals. Cost: \$1,799 per person twin.

**REFLECTIONS OF ITALY-** November 2010- Visit Rome, the Colosseum, Assisi, Perugia, Siena, Florence, Chianti Winery, Venice, Murano Island, Lugano, Switzerland, Como. Stop in for a brochure! Travel insurance is also included in the price of \$2,999.00 twin. For more information a representative from Collette Travel will offer a slideshow presentation on April 20th at 6:30 pm for any one interested in this beautiful trip. Contact Priscilla for more information.

## LOCAL TRIPS:

**LUNCH OUTINGS-** join the group for monthly lunch outings to restaurants in the region. Look for details in the Busy Bee Newsletter. Trips on the horizon include lunch at the culinary schools in Willimantic and Groton. Sign up with Donna after the first of each month.

**SHOPPING TRIPS-** each month the group travels to surrounding towns to shop. Look for dates and locations in the Busy Bee newsletter.

**MOHEGAN SUN and HOLIDAY PLAY-** March 11- First travel to Mohegan Sun followed by a trip to Mystic to enjoy a live production of "Sham Rocked". Get into the spirit of Saint Paddy with this original Irish-American musical comedy. Includes a buffet lunch and a \$15.00 coupon. Cost: \$35.00

For all trips contact Donna at the Senior Center to find out more details.

## THINGS TO NOTE:

**COLLECTING-** The Colchester Senior Center accepts used hearing aids, eyeglasses and cell phones. Collection boxes are in the hallway. Used postage stamps and pull tabs are collected in the back of the dining room. We appreciate the donation of redeemable bottles and cans; please make sure they are washed and clean.

**INCLEMENT WEATHER CLOSING:** Stay tuned to Channel 3 on your TV or on the radio at WICH, WCTY, WNLC or WKNL.

**DONATION POLICY:** While we greatly appreciate donations to the center, due to space limitations we ask that anyone who wants to donate something to please call the staff at the center to find out if we need the item. Current needed items: Computers less than 5 years old for our computer lab. Please contact Patti White for more information.

**TRIP SIGN-UP POLICY-** Please come in to sign up for a trip and pay the transportation cost or cost of the trip to hold your reservation.

Reservations will not be made over the phone.

**AARP TAX AIDES-** are needed to help prepare income tax during tax season at the senior center. Volunteers assist low to middle income taxpayers of all ages, with special attention to those 60 and older in filing their Federal and Connecticut income taxes. To volunteer, send an e-mail to [mailto:ctvoltageaide@juno.com](mailto:mailto:ctvoltageaide@juno.com).

## TRANSPORTATION

### IN TOWN TRANSPORTATION:

Please call before 12 noon to secure your reservations for the following day or unfortunately we may not be able to grant your request.

### OUT OF TOWN:

A grant from the Department of Transportation enables us to offer out of town transportation on a first come, first served basis. Please call (537-3911) after 2:00. Giving as much notice as possible will increase the chances that we can fill your request.

The Colchester Senior Center prints a monthly newsletter, (the Busy Bee Bulletin) that is available at the center, doctors offices in town, Stop & Shop, CVS and Cragin Library as well as the Town Clerk's Office and the Selectman's Office or you can view it on the town's web site at <http://www.colchesterct.net>.



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# Youth Services

## From the Director

At Colchester Youth Services, our mission is to provide a variety of services that will offer youth the opportunity to develop in a positive way so that they may reach their full potential as healthy members of society. Some of the programs we offer include: support groups, community service programs, leadership training, parenting classes, substance abuse education, youth employment programs and a Juvenile Review Board. Throughout the year we also offer a variety of cultural and recreational activities that provide our young people with opportunities to express themselves artistically, try out new experiences, learn about different cultures and have fun! In addition to our structured groups, we also offer a program called "Open Youth Center" which provides a safe, drug and alcohol free drop-in center. This provides a great space where kids feel safe and comfortable and have the opportunity to just be kids for awhile. We are currently looking for youth and adult volunteers who are interested in becoming part of our Advisory Board or the Local Prevention Council. This is a great opportunity to take part in a valuable and meaningful volunteer experience. If you have questions, concerns or great ideas, I would be happy to talk with you. You can contact us at [youthservices@colchesterct.gov](mailto:youthservices@colchesterct.gov) or 537-7255.

Sincerely,  
Valerie Geato  
Director

*Funding for the Youth Services Bureau is provided by the Town of Colchester and the Connecticut State Department of Education as outlined in State Statute 10-19m. Colchester Youth Services is a member of CT Youth Services Association.*



## Youth Service Bureau Staff

### Director:

Valerie Geato

[vgeato@colchesterct.gov](mailto:vgeato@colchesterct.gov)

### Program Coordinator:

Lyn Marra

[lmarra@colchesterct.gov](mailto:lmarra@colchesterct.gov)

### Program Coordinator:

Michael Schaff

[mschaff@colchesterct.gov](mailto:mschaff@colchesterct.gov)

### Administrative Assistant:

Kathleen Spangler

[kspangler@colchesterct.gov](mailto:kspangler@colchesterct.gov)

### Youth Center Supervisors:

Jesse Dion

Matt Merkent

Melanie Weinick

### Interns:

Crystal MacKinnon

Elizabeth Allard

## Youth Services Advisory Board

The Youth Services Advisory Board is charged with the mission of advising and making recommendations on overall policy and program direction for the Bureau. The Advisory Board is comprised of youths, school, and police officials, as well as concerned citizens.

### Responsibilities of the Advisory Board include:

- Resource development/fundraising
- Public Awareness of Youth Services
- To educate, encourage, and aid the community in recognizing its responsibility and role in the alleviation and solution of social problems involving youth.
- Advocate on behalf of policies and services that promote the healthy development of children and families.
- Provide an example of community involvement and volunteerism to our youth.

Advisory Board membership is constituted by the State Department of Education and Town of Colchester ordinances. If you are interested in becoming a member of the Board, call our office. Meetings are held on the first Wednesday of every month (except July and August) from 5:30-7:00pm at the Youth Center, 40 Norwich Ave.

### Members:

Lorraine Marvin, Chairman

Chris Bennett

Sarah Dell

Aaliyah Gonzalez

Heather Pelletier

Pamela Scheibelein, Secretary

Tom St. Louis



# Youth Services

## Local Prevention Council

Youth Services' Local Prevention Council (L.P.C.) is a group of concerned and committed members of the community who meet monthly to increase public awareness of drug and alcohol abuse. Members include: teens, parents, school representatives, clergy, business owners and town officials. Currently, our most pressing and timely challenge is building a stronger, more effective and permanent council that truly reflects our community. We are seeking new members and would be happy if you joined us. We are also working on developing a parent's information sharing network, planning school assemblies and offering healthy alternatives for high school youth. If you would like to learn more about the L.P.C., please contact Valerie at 537-7255 or [vgeato@colchesterct.gov](mailto:vgeato@colchesterct.gov).

### Members Include:

Chris Bennett	Valerie Geato
Brittany Berube	Barbara Gilbert
Deanna Bouchard	Aaliyah Gonzalez
Brian Couture	Nan Goodchild
Sandra DesFosses	Christine Miskell
Shirley Ellis	Eli and Beth Ojeda
Tracy Fox	Ofc. Rob Suchecki
Kristen Francis	Wendy Mis

## Services Provided

In addition to the programs that are highlighted in the program details, we also provide the following services:

### Information and Referrals

At Youth Services, we know that raising kids who are healthy and well-adjusted is the hardest job on earth. If you should find yourself in a family situation that seems unmanageable, please call us. We provide referrals to other public and private agencies to help with mental health issues, out-of-control kids, substance abuse treatment, domestic violence, or any other issues your family may be facing. We also have a lending library with some of the newest and most popular books on parenting as well as free brochures and pamphlets on substance abuse, suicide, stress, eating disorders, and hundreds of other topics.

### Hire-A-Youth

Need help raking leaves? How about a hand with spring clean-up? If you are looking for help, we just might have a match for you. Colchester Youth Services' Hire-A-Youth program matches area teens with potential employers who need chores done such as, shoveling, lawn mowing, leaf raking, housework and office work. Give our office a call and we'll put you in contact with some teens who are willing and able to work. It is up to the employer and the youth to agree to wages and hours, as they are not set by Youth Services. All you have to do is call Colchester Youth Services and we will get the process started. If you are a youth (age 12-18) and are interested in participating in this program, please contact us for a Hire-A-Youth application and an appointment for a brief interview.

## Babysitting Swap-Board

There is a babysitting swap-board available in the Youth Services' office. Parents looking for babysitters and teens looking for babysitting jobs are welcome to come in and post a notice of their needs or services. You must come in to the office to utilize the swap-board, as Youth Services staff is not permitted to give any information over the phone. This is not a referral service for either party.

## School Based Programs

Throughout the school year, Youth Services' staff facilitate support groups and skill building programs at our local schools. Some of the programs provided include: Stress Management, Divorce Support Groups, Friendship skills and Anger Management.

## Juvenile Diversion Board

The Juvenile Diversion Board works with the local and State Police to reduce juvenile crime in Colchester. Our goal is to offer a range of meaningful alternatives to the Criminal Justice System through intervention strategies that are responsible and community based. These alternatives are aimed at promoting responsible behavior and solving problems that may be at the root of the behavior.



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## Youth Action Council

**Date:** Tuesdays throughout the school year  
**Time:** 2:30pm – 3:30pm  
**Grades:** 9-12, members only  
**Fee:** none

Youth Action Council (Y.A.C.) is a community service group for high school students. The group's mission is to provide students an opportunity to develop leadership qualities while participating in volunteer activities. Y.A.C. meets Tuesdays after school at the Youth Center. Transportation is provided to the Youth Center. Some of this year's goals have been making 100 bag lunches for Covenant Soup Kitchen, raising funds and making a dinner for residents of OMEGA House, a safe and sober home for people living with HIV/AIDS, participating in the Valentine for Vets program and working in the Colchester Food Bank. Members are continuing to provide a Safe Driving Information Board at Bacon Academy. Each month members research new statistics and related facts to put on the board to make fellow students become more aware of the importance of safe driving. Future goals include hosting an Easter party for children at the TVCCA Family Shelter, a food collection for Haiti, a visit with residents at Dublin Village, a work afternoon at Tara Rescue Farm and making cookies and playing BINGO with residents at Harrington Court Genesis Eldercare. The group is currently filled.

## Youth Action Council Tab Top Collection

Youth Action Council members will again be competing with area Youth Service Bureaus in collecting aluminum tab tops for Ronald McDonald House. People all over the United States collect the aluminum tab tops which are sold to raise funds for the charity. Ronald McDonald Houses provide a place for families to stay when their children are hospitalized far from their home. The collection will run through May. Collection boxes will be at Town Hall, Bacon Academy Cafeteria, in the Stop and Shop bottle collection area and the Senior Center. Last year Y.A.C. members won the collection competition with other YSB's, so please help us win again!

## Youth Force Group

**Date:** Every other Wednesday throughout the school year  
**Time:** 5:30pm-7:00pm  
**Grades:** 6-8, members only  
**Fee:** None

Youth Force Group is a team of youth who meet at the Youth Center. The mission of the group is to increase youth awareness and compassion for less fortunate individuals. This will be accomplished through educational presentations, hands-on service projects, and community awareness initiatives. Members work in teams to accomplish community service tasks and have fun working together towards a common goal. In the upcoming weeks, YFG will sponsor a fundraiser for Haiti, host a senior holiday party and facilitate the bingo table at the Special Olympics.



## Open Youth Center

**Time:** 2:00pm – 4:00pm  
**Grades 7 & 8:** Mondays during the school year  
**Grade 6:** Wednesdays during the school year  
**Fee:** None

OYC provides a time for middle school youth to hang out with their friends in a supervised, safe environment. An after school snack is provided and the youth center has a pool table, DDR, Wii, Guitar Hero, Air Hockey, a craft room, and a reading/homework area. Weather permitting, outdoor activities are also offered. Attending the Youth Center is a privilege and kids are required to be respectful of staff, their peers, and the equipment. Pre-registration is not required. Registration forms are completed on the first day. Questions? Just give us a call.

## Parenting Classes

**Dates:** Tuesdays, February 23rd, March 2nd and March 9th  
**Time:** 6:30pm – 7:30pm  
**Fee:** \$20 for three sessions

Colchester Youth Services is offering you a wonderful opportunity to improve your relationship with your kids, get tips and advice for handling tough parenting situations and get support from other parents. In this 3-part parenting seminar, we will discuss the "6C's of Parenting", as designed by parenting expert John Rosemond. These concepts include: Consistency, Commitment, Consequences, Communication, Collaboration, and Centering. We will discuss ways to keep our children on the track to success, both behaviorally and socially. We will cover topics such as logical consequences and effective communication. There will be time each week for discussion and questions. Raising our children in today's complicated world can be challenging at times, come check out how to be a more effective parent! This discussion will be facilitated by AnnMarie Maffuid, Licensed Marriage and Family Therapist. All sessions will take place at Jack Jackter Intermediate School in the Media Center. These sessions build off each other so it is important that you attend all three. There will be childcare available for children over 3 years old, but it must be requested at time of registration. Scholarships are available. Please register by February 19th by calling Youth Services at 537-7255.

## C-4

**Dates:** March 4th, March 18th and various additional dates through June  
**Times:** 2:30pm – 4:00pm  
**Grades:** 6-12  
**Fee:** None

C-4 is a cool new program that gives Colchester teens a chance to work together with our local Police and have fun while making a difference in the community. Members will work together to create service projects, form relationships with local cops, and have fun during exhilarating reward trips. We guarantee that if you join C-4 you will have fun, meet new people, help in the community and go on exciting adventures! Just give us a call for more details. C-4 will meet through June and is open to kids in grades 6-12. To register or for more info, just give us a call. Join C-4...It's a blast!

## First Fridays

**Dates:** Friday nights March through May  
**Time:** 7:00pm – 9:00pm  
**Grades:** 9-12  
**Fee:** None

Are you in high school and need somewhere fun to hang out on Friday nights? On the first Friday of each month the Youth Center is the spot to be if you're in High School and looking for something to do that's fun and free! Come, hang out and play Guitar Hero, Dance Dance Revolution, pool, cards, air hockey and much more. There will be pizza and snacks as well as coffee and desserts too! So if you're in High School come check it out. You don't have to sign-up in advance, just show up. Questions? Ideas? Call us or e-mail us.

## Kids Care Club

**Date:** March 11th, April 8th, May 13th  
**Time:** 3:30pm- 4:30pm  
**Grades:** 1-5  
**Fee:** None

Kids Care Club is a group for kids whose mission is to offer young children an opportunity to work together to help others in and around our community. The free program meets once a month and an after school snack is included. Kids can sign up for any or all of the meetings, but registration is a must. The caring and sharing project for March will be a visit to Apple Rehab to make a spring craft with the residents. April's activity will be creating a wreath to be delivered to recipients of the Meals on Wheels program. Elderly residents who are unable to leave their homes receive daily meals delivered by Senior Center volunteers who will bring the wreaths to brighten the recipients' day. In May the group will create centerpieces for St. Vincent de Paul Place Soup Kitchen in Norwich. The soup kitchen provides over 7000 meals monthly to area residents and Kids Care Club members will make the decorations to brighten up the lunch tables.

## S.E.A.L.S. Squad

**Date:** Mondays, Tuesdays and Thursdays - from February to June  
**Time:** 2:00pm – 4:00pm  
**Grade:** 6  
**Fee:** None

The S.E.A.L.S. Squad is a collaborative effort between Youth Services and Colchester Public School's staff that focuses on self-esteem, academics and life skills. This new after-school group of 6th grade boys will spend one day a week working on academics with The Bacon Academy National Honor Society. The other two days a week will be spent at the Youth Center participating in team challenges, group discussions, and curriculum based activities aimed to foster resiliency among participants. Participants for this group will be selected by the school counselors and registration is not open to the public.

## Girls Circle

**Date:** Thursdays February through April  
**Time:** 2:00pm – 4:00pm  
**Grade:** 7 – members only  
**Fee:** None

Girls' Circle is a national movement whose mission is to help girls develop strength, courage, confidence and communication skills. The group provides an opportunity for girls to meet and share their feelings and concerns in a safe, supportive environment. The goal of this group will be to help the middle school girls enhance their abilities and talents, foster self-esteem and learn about healthy relationships. The weekly group began in February and will continue through April. Meetings are held at the Youth Center with monthly excursions, trips to do community service activities and a girls night out to dinner and a play. The group is currently filled.

## April Vacation Activities

Youth Services is in the process of planning several exciting trips during the school vacation from April 19th – 23rd. If you are looking for something fun to do during vacation, details will be released later in our newsletter, The Grapevine, or on our website.





## The Penguin Prize!



The Colchester Youth Force Group is excited to announce that they received 1st prize as the top fundraising team in the 2009 Penguin Walk at Mystic Aquarium. The group worked extremely hard to raise over \$700 for penguin research and recovery efforts.

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## REGISTRATION INFORMATION & GUIDELINES

**ALL PROGRAMS HAVE A LIMITED NUMBER OF SPACES AVAILABLE AND ARE FILLED ON A FIRST COME, FIRST SERVED BASIS!**

**ALL TRIPS LEAVE FROM AND RETURN TO TOWN HALL UNLESS OTHERWISE NOTED. SCHOLARSHIPS ARE AVAILABLE AND ARE BASED ON FINANCIAL NEED.**

**APPLICATIONS ARE AVAILABLE IN OUR OFFICE AND ON-LINE.**

In order to provide the safest and most enjoyable programs that we can, we ask that you please adhere to these rules and guidelines:

*I Get By With A Little Help From My Friends:* On some trips, students in grades 7 and up will be using the buddy system and should try to sign up with a friend. They will check in with us at scheduled times and locations. See the program descriptions for details.

*When A Phone Call Just Won't Do:* When it comes to trips, you will be registered when a signed permission slip and payment are received in our office. Just calling doesn't reserve a spot.

*"Oh no, I can't swim!":* Please be sure that you know what your child's capabilities and limitations are and pass that information on to us. Be sure that they meet the criteria listed in the program descriptions. Our expectations of all program participants, is that they will be willing and able to abide by all guidelines and established rules for each trip. If kids are unable to do so, our trips may not be the best option for them this summer.

*Refund Policy and Cancellation Policy:* In most cases, refunds will only be given for fees if cancellation is received in our office at least 48 hours prior to the trip. In the case of extenuating circumstances, refunds may be given at our discretion.

## HOW TO REGISTER

- Walk-In** Stop by our office in Town Hall. We are open Monday through Friday, 8:30am to 4:30pm
- Mail-In** Mail completed permission forms and payment (payable to Town of Colchester ) to CYSB.
- Drop Box** Drop it in the drop box slot to the left of the front doors of the Town Hall.

\*Permission slips are available on-line at [www.colchesterct.gov/youthservices](http://www.colchesterct.gov/youthservices) or on the bulletin board outside our office in Town Hall\*





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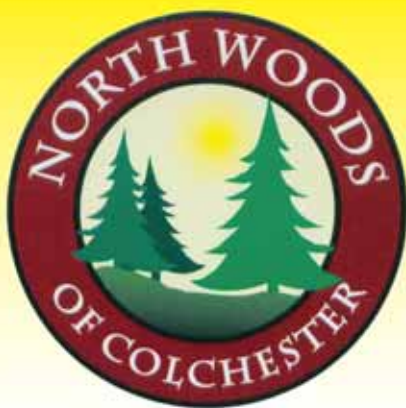
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